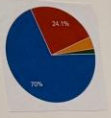
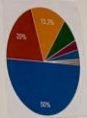


What is your gender?  
170 responses



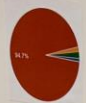
● Female  
● Male

Classification?  
170 responses



- Freshman
- Sophomore
- Junior
- Senior

What age group do you fall under?  
170 responses



- 17 and under
- 18-20
- 21-25
- 26+

# UNIV100

## UNDERSTANDING MENTAL ILLNESS

SHOW CASE

### COMMON STEREOTYPES

- "YOU'RE CRAZY"
- "DEPRESSION ISN'T REAL"
- "IT'S EMPHASIS ON FOR CHITS"
- "DUMB ARE LIKE SQUIBBLES"
- "YOU'RE JUST STUPID"
- "YOU'LL BE FINE"
- "I'LL CALL YOU"
- "IT'S ALL IN YOUR HEAD"
- "YOU'RE OVER EMOTIONAL"
- "IT'S LIKE A BIG BALL"
- "MARKING IT UP"
- "BLACK PEOPLE CAN'T GET THIS"
- "SIBBET OF SENSIBLNESS IN MY EYE"
- "YOU'VE GOT ONE OF THEM"
- "IT'S JUST BEING LAZY"
- "IT'S NOT REAL"
- "IT CAN BE HEALED"

### How Does Mental Illness Affect College Life?

- "For me I just get stressed out from academics and it makes social aspects harder for me."
- "I think it made doing things harder. Motivation is hard to come by 't it's slow."
- "Feeling stuck in a cycle of missing one assignment for many weeks due to mental illness, I never being able to catch up leading to giving up."
- "My need to make anything perfect makes it harder to finish any work sometimes."
- "...I can't talk to people, I isolate myself in quiet fear."
- "It drops my performance, grades, makes social interaction more difficult, affects motivation and can create negative relationships."

### WHAT IS THE WORST ASPECT OF MENTAL ILLNESS YOU'RE AWARE OF

- The Feeling That...**
- "It's all in my head"
- "I'm not important"
- "I'm selfish"
- "I never had 'real' friends"
- "I'm obsessive or being a 'cry baby'"
- "I'll never be 'normal'"
- "I'm paranoid for no reason"
- "I'm attention-seeking"
- "My life is a nightmare"
- "I can do nothing about it"
- "I'm crazy"
- "I'm all broken"
- "I'm just being lazy"
- "I can do nothing about it"
- "I'm just being paranoid"
- "I'm just being paranoid"
- "I'm just being paranoid"
- "I'm just being paranoid"
- NONE OF THIS IS TRUE!!**
- YOU MATTER!**

- "You're just as much of a disability as physical ones"
- "It's not a weakness"
- "It can change anyone at any time"
- "It's not always happy"
- "What's One Thing YOU Wish People KNEW About Mental Health?"
- "I wish people knew it is not a defining characteristic"
- "It's not different for anyone"
- "Mental illness is not a choice"
- "They're not as much as they are being tongue to deal with"
- "It's okay to not be okay"