

Non-LGBTQ+ Wellbeing

A look into the unaltered scale of the wellbeing of non LGBTQ+ students.

While many would think these are the same, they actually refer to very different things. Wellbeing is your level of health as a whole, meaning you are comfortable, healthy and happy with your place in the world. Mental health is a person's psychological and mental condition.

The experience of students in high schools is very different. They are often in a more supportive environment than in college. The LGBTQ+ community is often more visible and accepted in high schools than in college.

College students often experience a sense of isolation and loneliness. They are often away from their family and friends, and may not have a strong support system. This can lead to mental health issues.

College students often experience a sense of pressure and stress. They are often expected to perform well in their classes and may feel that they are not meeting these expectations. This can lead to mental health issues.

College students often experience a sense of uncertainty and anxiety. They are often unsure of their future and may feel that they are not prepared for the challenges ahead. This can lead to mental health issues.

LGBTQ+

NON-LGBTQ+

Mental Health & Well Being

By Yazan Abdelghani, Angelle Bonin, TyAnna Dupree, Rhianna Jackson, and Krislyn Mendoza

LGBTQ+ Mental Health

How do LGBTQ+ College students perceive their overall mental health and well-being?



Mental Health and wellbeing

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Practices and recommendations

Different ways you can improve on your mental health and wellbeing

Support Groups

These college counseling and support groups will allow you to connect with other LGBTQ+ students in your college. They are a safe space where you can share your experiences and feelings. They are often led by trained professionals and can provide a lot of support and resources.

Affirmative Therapy

Affirmative therapy is a type of therapy that focuses on helping LGBTQ+ individuals feel more comfortable and confident in their identity. It is based on the idea that being true to oneself is essential for mental health and wellbeing. This therapy can help individuals develop a strong sense of self and resilience.

Self Care

Self care is the practice of taking time for yourself to do things that make you feel good and relaxed. It is important for everyone, but especially for LGBTQ+ individuals who may experience more stress and pressure. Self care can include things like exercise, meditation, journaling, and spending time with loved ones.

Non-LGBTQ+ Mental Health

Mental health of teenagers, college students, and common mental disorders.

Common Mental Health Problems

Common mental health problems include anxiety, depression, and stress. These can affect anyone, but are often more prevalent in college students. It is important to seek help if you are experiencing these symptoms.

Mental Health on College Students

Mental health is a major concern for college students. They often experience a lot of stress and pressure, which can lead to mental health issues. It is important for colleges to provide resources and support for their students.

College Students and Mental Health

College students often experience a sense of isolation and loneliness. They are often away from their family and friends, and may not have a strong support system. This can lead to mental health issues.

Support Groups for College Students

Support groups for college students can provide a lot of support and resources. They are a safe space where students can share their experiences and feelings. They are often led by trained professionals and can provide a lot of support and resources.

References

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