

75% RECOVERY IS POSSIBLE

MENTAL HEALTH CONDITIONS ARE TREATABLE.

- MANY UNIVERSITY STUDENTS EXPERIENCE MENTAL HEALTH CHALLENGES.
- YET MOST DO NOT SEEK HELP DUE TO FEAR OF STIGMA.

Seeking help is not weakness.

YOU ARE NOT ALONE !

1 IN 2-3 STUDENTS STRUGGLE WITH MENTAL HEALTH.



Break the Stigma in Academia

SILENCE IS APPROVAL

When someone makes a joke or a negative comment about mental health...

Staying silent may seem harmless.

But silence can increase harm.

Risk can increase up to 2x.

Someone around you might already be struggling.

SPEAK UP.

SUPPORT.

CHANGE THE CULTURE.



LEARN MORE: @ok2seekhelp

**Healthy Minds Study
(2020–2021), n = 130,566**

Witnessing stigma is associated with a 1.86x increase in suicidal thoughts and 2x increase in self-harm risk.

Based on peer-reviewed research.

learn more
@ok2seekhelp

75%
recovery is possible

"The Hope Gap"

explore
our
website



**BREAK THE
STIGMA**



In academia

Stigma does not only affect individuals directly. Even witnessing stigmatizing attitudes can have serious consequences:

Self-harm risk increases up to 2 times

Suicidal thoughts increase by 1.86 times

Feelings of loneliness increase by 1.67 times

These patterns show that stigma is a social process, not just a personal experience.



“

You're not alone; this is a much more common experience than you think.

”

According to World Health Organization data, **the success rate of evidence-based**

treatments is between 60% and 80%. After approximately 40 therapy sessions, 75% of students show a significant improvement in their quality of life.