

IT'S
OKAY
TO ASK
FOR

HELP



UNDERSTANDING

Story by Sandy Garcia
Photos courtesy of SFA Athletics

It is important to TALK about mental health. Mental health challenges are very common issue among young people and can have a significant impact on their academic, social and personal lives. According to the National Alliance on Mental Illness, “one in five college students experience a mental health condition, and suicide is the second leading cause of death among college students.”

Lumberjacks are determined to #AxeTheStigma. Through individual assistance and support from our student athletes, SFA has taken a true stance on the national campaign.

Creating a network of student mental health resources is exactly what is needed and offered at the start of every student’s four-year collegiate race. Through the years, obstacles and triumphs, Lumberjacks have a vast array of opportunities to get better, get stronger together.

The Lumberjack Wellness Network allows students to participate in free peer support 24/7 and allows for anonymous and confidential connecting and reporting. Faculty and staff members assist in the eradication of “the stigma surrounding mental health.” At least seven different supportive systems partner with SFA to ensure student success, at no cost.

Students feel heard and appreciate the around-the-clock support offered through a caring community of ambassadors and their peers who serve through Jacks CARE – campus advocate, resources and education.

Make no mistake... We are all in this together, one Lumberjack caring for another – every day, all day.

MENTAL HEALTH

