navigating mental health at university
academic struggles

- it is okay to not do okay in your courses
- imposter syndrome
- seeking support/help
- tips on staying organized
- prioritizing tasks and finding balance
social hurdles

- you're not able to find your people or are unable to maintain relations because of time constraints
- you find yourself relying on them to maintain your mental health
campus resources

- academic support: advisors, SSO
- therapy: counselling, Empower Me
- community support: Glow Center, RAISE
- peer support: LLCs, UW Mates
supporting yourself

- where do you direct your frustration?
- find out the reason behind 'impulses'
- what if it was somebody else?
- be with yourself instead of against
THANK YOU!

Don't hesitate to ask any questions!