

Know That You Are NOT ALONE!

✓ Life Impact

77% of Thomas students reported that their mental health symptoms have made their work, home life, or social interactions difficult at some point.

✓ Social Connections

65% of Thomas students reported they have felt isolated from others at some point. 67% of Thomas students report that they have felt left out at some point.

✓ Professional Help

On average, 1 out of every 4 Thomas graduates utilized counseling services offered by the college at some point during their time here. 97% of Thomas students say they would willingly accept someone who has received mental health treatment as a close friend.

*Statistics taken from the Thomas College 23-24 Healthy Mind Study



Emergency Help



Maine Crisis Line
1-888-568-1112



Suicide & Crisis Lifeline
988 Call or Text



Campus Safety & Security
(207) 859-1399

Thomas Counseling Services:

Counseling Services at Thomas College promotes the personal, developmental, and psychological well-being of students with the goal of helping students to be successful in all facets of life. Thomas offers free confidential professional counseling services to all full-time day students both in-person and via Teletherapy. Thomas is staffed by a full-time and 2 part-time master's level clinicians.



How To Get Counseling

To schedule an appointment with counseling service email us at:

counselor@thomas.edu



Terriers **Tackle** The Stigma

Normalizing Mental Health & Wellness

The Thomas College Mental Health Team is committed to fostering a supportive, inclusive, and stigma-free campus where mental well-being is a top priority for every student.



A RECOGNIZED
JED CAMPUS

Thomas
COLLEGE



What is a JED Campus

The Jed Foundation (JED) is designed to help schools evaluate and strengthen their mental health, substance misuse, and suicide prevention programs and systems to ensure that schools have the strongest possible mental health safety nets. There are currently over 450 campuses engaged in the JED Campus program.

Thomas College is recognized as the first JED Campus in Maine!



THOMAS MENTAL HEALTH TEAM





Thomas College formed the Thomas Mental Health Team to lead a multi-year strategic collaboration that not only assesses and enhances the work that is already being done but also helps create positive, lasting, systemic change in the campus community. This multilateral team is made up of Students, Faculty, and Staff and has a co-lead from each.

The current focus of the Thomas Mental Health Team are the three following priority areas:

- **Communication - educating constituents on what we're doing**
- **Improve social connectedness on campus**
- **Create Awareness and Education Programming**

Common Mental Health Concerns

For College Students Nation Wide!

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Depression
 38% of college students experience significant depressive symptoms. Of those, 19% qualify as severe depression.
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Anxiety
 34% of college students experience significant anxiety symptoms. Of those, 16% qualify as severe anxiety.
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Loneliness
 61% of college students reported that they feel they lack companionship. 67% reported they feel isolated from others.
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Eating Disorders
 13% of college students have a potential eating disorder. 28% reported they need to be very thin to feel good about themselves.

*Statistics taken from the National 23-24 Healthy Mind Study



How to Support Others

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Stay Connected
 45% of Thomas Students reported that they would talk to a Friend if they were experiencing serious emotional distress. 50% said they would talk to a family member.
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Listen
 Even if you don't have training in mental health support, you can still listen and support someone in distress. Just having someone to talk to can be a huge relief.
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Professional Help
 Know when the issue goes beyond what you can support with and then get them help. A person in crisis may need more help than you can provide. In that case, connect them to professional supports to get the help they need.
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Educate Yourself
 Know what resources are available! Put hotline numbers into your phone address book. Connect with Campus Counseling and get to know them. Remember Safety & Security officers are available 24/7 on campus!