



IT'S REAL: COLLEGE STUDENTS AND MENTAL

September 25, 2024

12:30 pm

The transition to college often presents emotional challenges. *It's Real* follows six students who wrestled with mental health concerns, sought treatment, and found their own sense of balance.

It encourages students to be mindful of the state of their mental health, to acknowledge and recognize when they are struggling, and to take steps to seek help.

This short documentary is designed to raise awareness about mental health issues commonly experienced by students. It is appropriate for students, staff and faculty.

Event Details

American Foundation for Suicide
Prevention

Presented by Public Safety and
The Counseling Center
CSC Room 203

Questions?

Contact the Counseling Center
610-799-1895

Also available on Zoom:

[Zoom Link for AFSP Film](#)

Please use this QR code to register
for this workshop!

