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THE BUTTERFLY PROJECT

MENTAL HEALTH WITHIN UMBC

“Just when the caterpillar thought the world was over, it became a butterfly.”
- Chuang Tzu

UMBC has mental health resources/programs that can help you!



More than 73% of students experience some sort of mental health crisis during college.

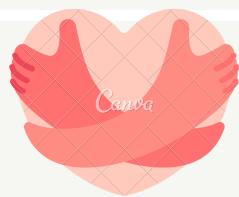


Only about 25% of students with a mental health problem will seek help.

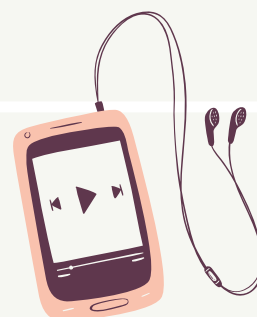
How can UMBC help?



Speak with UMBC Counseling Center!



Keep a lookout for mental health activities and events UMBC has!



Take a look at the various online mental health programs UMBC offers.

**Remember
It's okay to
not be okay**

Visit our website for more information on the resources and programs that UMBC offers to students!



<https://jcunnin15.wixsite.com/website>

