



Drop-In Article

The following is a news article you can adapt and submit to a campus paper, newsletter or other news media, with your name and organization on the byline. Make sure to include any local information at the end of the article.

College can be a stressful time. Balancing friends, family, and school-work is a daunting challenge for everyone. Many students are living on their own for the first time and adapting to a new and sometimes overwhelming environment. For many, these changes can cause feelings ranging from loneliness and stress to anxiety, depression and other mental health problems. Ten percent of college students have been diagnosed with depression, 7 percent with anxiety, and nearly 5 percent of college women suffer from bulimia. Many students are afraid to seek help or to even talk about problems because of the stigma surrounding mental health.

To fight the stigma that prevents students from seeking help for mental health problems, the nation's oldest and largest mental health group, the National Mental Health Association, created *mpower: musicians for mental health*. *mpower* is a national awareness campaign that uses music and the powerful voice of musicians to educate about issues such as depression, substance abuse and suicide. *mpower* has enlisted a diverse coalition of recording artists, including Michelle Branch, Third Eye Blind, Vanessa Carlton, The Bouncing Souls, Dar Williams, The Neptunes and Fat Joe. All have lent their names to the cause; some are going beyond that by sharing their own experiences with mental health issues and reaching out to fans at concerts.

In announcing her commitment to *mpower*, Vanessa Carlton, who has struggled with depression, said "I hope that by sharing my own story, it will encourage others to do the same and that they won't be afraid to seek help."

Musicians are not the only ones who can get involved. There are a number of ways students and campuses can help spread the word and support *mpower* by signing on as a member, sharing a story, organizing a benefit concert, or sharing *mpower's* materials with people you know. To learn more about *mpower*, visit www.mpoweryouth.org.

To find help for yourself or a friend, visit your campus counseling or health center, or contact [insert name and phone number of your organization].