



# news RELEASE

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(For immediate release)

## *Mental Health Awareness Important for College Students*

ODESSA (October 6, 2014) – Daily life has its own load of stressors – just ask a college student. Classes, papers due, exams, financial challenges, working and going to school, lack of sleep, child care, relationships – all of these and more can build up to what may seem an unbearable burden.

Odessa College's Student Government Association knows that students face challenges each day and one's mental health can be fragile. In support of our students, SGA will host a free Mental Health Awareness Day event for OC students and the public on Wednesday, October 8 in the Saulsbury Campus Center.

Everyone is invited to a special program from 12:30 p.m. to 1:30 p.m. in the Joe Zant, Jr. Community Room in the Campus Center featuring an overview of mental health, a student's personal story of how she faces the challenges in her life, and additional information on recognizing the warning signs of mental stress and the services that are available when someone may need help coping with that stress.

Representatives from Children and Families Centers, Harmony House, the Crisis Center and other agencies also will be available during the day.

For more information, contact [sga@odessa.edu](mailto:sga@odessa.edu).