



MENTAL HEALTH AT UTAH STATE



PHOTO BY Chantelle McCall

This week's issue of The Utah Statesman is dedicated to the fight for greater mental health: fighters, advocates and professionals alike.

Mental health concerns are rarely visible and can affect us all, both through personal experiences and the unseen challenges facing those around us. Many of our friends, family members and fellow students deal with these concerns on a daily basis. We believe maintaining mental health is key to success in life and working toward better mental health is something we all must do. This week's issue is filled with information about different mental illnesses, coping mechanisms, personal stories and professional resources so we may all be advocates for our own mental health and the mental health of our fellow Aggies.

