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FOR IMMEDIATE RELEASE:

Men's Health Network Announces Partnership With Southwest Tennessee Community College to Increase Awareness of Stress and Anxiety Among College Students

(Washington, DC) For Men's Health Month, Southwest Tennessee Community College has announced that it will make available to undergraduate students a new resource developed by Men's Health Network. The shower, or door hanger is titled *Don't Race Through Life Feeling Blue* and it is meant to remind students that while "feeling blue" sometimes is normal it is important to be mindful of signs and symptoms of depression.

Depression in college students is often overlooked. According to recent data from the National College Health Assessment, conducted by the American College Health Association, 51% of college age men have "felt very sad" and 26% have felt so depressed that it was difficult to function in the previous 12 months. Only 6% of college age men have been diagnosed or treated for depression. Sadly, the study also shows that 6% of college age men and women have also seriously considered suicide in the past 12 months. (American College Health Association, National College Health Assessment, Fall 2010, <http://www.achancha.org>)

"These percentages are very concerning. We want to team up with colleges and universities across the country to provide an easy-to-read, plain language resource that spells out signs of depression and gives students ideas on where to turn for help," explained Scott Williams, VP of Men's Health Network.

Ralph B. Chumbley, Ph.D., Director, Risk Management for Southwest Tennessee Community College explains, "The mental health of college students is often a forgotten topic in today's fast-paced world. I am excited that Southwest could be a part of a pilot project that hopefully will spread to other college campuses. Our college students are the greatest asset that our country has today."

The piece will help students recognize signs of stress and depression and take action before the situation worsens. For more information on obtaining copies of the hanger contact Men's Health Network at 202-543-6461 ext.101 or info@menshealthnetwork.org

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Southwest Tennessee Community College is the comprehensive, multicultural, public, open-access college whose mission is to anticipate and respond to the

educational needs of students, employers, and communities in Shelby and Fayette counties and the surrounding Mid-South region. The college provides citizens with an effective teaching and learning environment designed to raise educational levels, enhance economic development, and enrich personal lives. With student success as our number one priority, Southwest, Tennessee's largest community college, welcomes a diverse student population with a wide variety of backgrounds, abilities, interests, levels of education and economic circumstances. Over 100 associate degrees, certificates, programs, and continuing education opportunities are available. Affordable tuition is offered in multiple locations conveniently located throughout the Memphis area. Southwest Tennessee Community College is a Tennessee Board of Regents institution.

Men's Health Network is a Washington, D.C.-based non-profit organization dedicated to improving the health of men and boys through education and the promotion of sound health practices. Men's Health Network has come to be known as the leading authority on men's health issues, with a presence in every U.S. state and in countries around the world. For more information visit www.menshealthnetwork.org and follow MHN on Twitter: @MensHlthNetwork

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