



## Half of Us: The Pain is Real

- Author - Half of us



[jedfoundation.org](http://jedfoundation.org)

Created by [The Jed Foundation](#)

Mental health issues are a reality for millions of people across the country. Young people are especially at risk, with half of college students reporting that they have been stressed to a point where they couldn't function during the past year. The impact of mental illness is so devastating that suicide is the third leading cause of death among all people ages 15-24.

The good news is that nearly all mental health issues can be improved with proper treatment. When we decrease the stigma around mental health and encourage help-seeking, we can change and save lives. Through Half of Us, mtvU and The Jed Foundation aim to initiate a public dialogue to raise awareness about the prevalence of mental health issues and connect students to the appropriate resources to get help.

Half of Us has a unique "I'm feeling" and "I'm experiencing" navigation tool that encourages users to identify their feelings, explore issues and seek help.

[Visit Half Of Us](#)

I'M FEELING...

HOPELESS

"Things just never seem to get any better."

how to deal

I'M EXPERIENCING...

LOSS

"I don't know how I'm going to move on."

how to deal

the SPOT light

Macklemore on Drug Abuse

Tiffany's Story

Addy vs. Oxy

Need help now? Text START to 741-741 or call (800) 273-TALK (8255)

Click here to find resources