The Jed Foundation

Midterm stress?

BEATS IT.

71% OF STUDENTS WITH A VALID STIMULANT PRESCRIPTION ASKED TO SHARE MEDICATION PREFER THEIR FRIENDS SEEK HELP, NOT MISUSE.*

That's because they would rather provide their friends with additional support and alternatives to dealing with stress, like listening to music.

For help with stress and to learn more, visit [insert URL]

LOGO

*BASED ON A 2016 SURVEY OF 2989 UNDERGRADUATES ENROLLED AT A LARGE WESTERN UNIVERSITY BY CPAMM.