



The Jed Foundation

Feeling pressured?

MANAGE YOUR

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

There are better ways to deal with a heavy schedule, such as prioritizing your to-do list, eliminating distractions, and scheduling time for relaxation.

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



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