



The Jed Foundation

Make it through crunch time

WITH .

**70%** OF COLLEGE STUDENTS DO NOT AGREE THAT  
MISUSING PRESCRIPTION STIMULANTS  
WILL HELP THEM GET BETTER GRADES.\*

*Instead they have found better ways to deal with stress, like taking a break and eating healthy snacks.*

**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.