Caring for Your Mental Social and Spiritual Wellbeing

Scripture and practical steps for college students

Your wellbeing matters. Prayer, Scripture, supportive friendships, and professional care can work together. Mental illness is not proof of weak faith. The principles below are paraphrases; read each passage in context. They offer encouragement, not promises of an instant cure.

Care for your mind and body

1 Anxiety and academic pressure

Matthew 6:25–34; Philippians 4:6–9 — Bring your worries to God and focus on today's responsibilities. Break work into small tasks, start early, and use tutoring. Set a stopping time for studying. Seek counseling when worry or panic disrupts class, sleep, or daily life.

2 Depression and hopelessness

Psalm 34:18; Psalm 42; Romans 8:38–39 — God's care remains present in suffering, and honest lament is welcome. Tell a trusted person and arrange counseling or student health care. Accept help with daily routines. Do not carry suicidal thoughts alone; use 988 for crisis support and 911 for immediate danger.

3 Grief and trauma

John 11:35; Romans 12:15 — Grief deserves compassion; Jesus himself wept. Talk with a safe listener and consider counseling. After assault or injury, seek timely medical care and confidential advocacy. You decide what to share. Forgiveness does not require returning to an unsafe relationship.

4 Body image and eating concerns

Genesis 1:27; Psalm 139:13–14 — Your dignity does not depend on weight or appearance. Choose nourishment and respectful movement; decline body criticism. Seek professional evaluation for restriction, purging, or repeated binge eating. Avoid fasting that worsens eating concerns, and discuss safer spiritual practices with your clinician.

5 Substances and compulsive coping

1 Corinthians 6:12; Galatians 5:22–23 — Pay attention to practices that begin to control you. Identify triggers and choose safer coping and sober activities. Refuse shared prescription drugs and rides with impaired drivers. Seek care for blackouts, withdrawal, or loss of control. Suspected overdose requires 911; withdrawal may need medical supervision.

6 Shame about asking for help

Galatians 6:2; Proverbs 11:14 — Sharing burdens and seeking wise counsel are compatible with faith. Ask about counseling costs, privacy, and appointments. A friend can help you make contact. You do not need a diagnosis to seek support. Medication changes belong with your prescriber, not peers or religious leaders.

Build safe relationships and sustainable routines

7 Loneliness and homesickness

Ecclesiastes 4:9–12; Hebrews 10:24–25 — Supportive companionship helps people persevere. Join one recurring study, service, cultural, or faith activity. Contact a friend or family member regularly. Friendship does not require constant availability. Ask mentoring programs, residence life, or counseling for help when isolation persists.

8 Digital comparison and harassment

Philippians 4:8; Ephesians 4:29 — Give attention to truth and use words that build others up. Mute harmful accounts and silence notifications during study. Protect passwords and private images. Save evidence of harassment and seek appropriate campus help. An AI chatbot should not be your sole source of mental health or spiritual guidance.

9 Peer pressure and relationship boundaries

Proverbs 13:20; 1 Corinthians 13:4–7 — Wise companions and loving relationships respect you. Practice saying no and plan safe exits. Consent must be freely given and ongoing. No one is entitled to sexual contact, passwords, or location tracking. Seek an advocate for coercion, assault, or stalking; love does not require enduring abuse.

10 Discrimination and exclusion

Genesis 1:27; James 2:1–9; Micah 6:8 — Every person deserves dignity, justice, and freedom from favoritism. Find supportive mentors and document incidents when safe. You need not represent an entire group or disclose private identity information. Ask student affairs, accessibility services, or the appropriate campus reporting office about available support.

11 Money food housing and family demands

James 2:15–17; Galatians 6:2 — Faith includes practical care for real needs. Review your budget and aid deadlines. Ask financial aid or basic needs services about food, housing, and emergency assistance. Set realistic limits on lending and family commitments. Material hardship deserves practical support, not blame.

12 Sleep overload and academic honesty

Mark 6:31; Proverbs 10:9 — Rest and integrity belong in a faithful life. Protect sleep, plan deadlines, and use advising and tutoring early. Decline extra commitments when overloaded. Follow course rules for collaboration and AI. Ask student health about persistent sleep problems or a marked change in energy or behavior.

Choose one preventive step this week

Schedule meals, sleep, study, and rest. Include time with a supportive person and a sustainable spiritual practice. Choose one device limit or commitment to reduce. Review what helps at the end of the week.

My next step _____

A person or campus office I will contact _____

Grow in faith and know when to seek help

13 Questions and doubts

Mark 9:24; Acts 17:11; James 1:5 — Questions can be brought honestly to God and examined carefully. Write down your questions and discuss them with a trustworthy mentor. Read Scripture in context. Decline ridicule or pressure to agree instantly. Chaplains or campus ministers can help; counseling can support distress linked to faith conflict.

14 Guilt shame and repeated religious fears

1 John 1:9; Romans 8:1 — Christian faith joins responsibility with forgiveness and grace. Repair actual wrongdoing where appropriate. Intrusive fears and repetitive confession or checking may require clinical assessment. Avoid humiliating disclosure or adding fear driven rituals. A clinician and trusted faith leader can coordinate support with your permission.

15 Purpose and the future

Ephesians 2:10; Proverbs 16:9 — Plan thoughtfully and use your gifts to serve others. Explore interests through career services, advising, volunteering, or internships. Your worth exceeds your salary or status. You may revise your plans. Seek counseling if fear or hopelessness makes decisions or daily responsibilities difficult.

16 Spiritual exhaustion and controlling groups

Matthew 11:28–30; 1 Peter 5:2–3 — Faith makes room for rest, and leaders should not dominate others. Reduce commitments and talk to someone outside a controlling group. You may leave, decline giving, or refuse unsafe meetings. Seek counseling, advocacy, or student affairs support for coercion or abuse. Protection and accountability remain necessary.

When and where to get support

Ask for counseling whenever you need help coping. Seek care promptly if distress worsens or interferes with studying, sleep, eating, relationships, or self care. Severe or distressing symptoms lasting about two weeks warrant professional help; do not wait if symptoms are severe. Ask about confidentiality and its exceptions before sharing sensitive details.

Counseling and student health address emotional or medical concerns. Advising and tutoring help with coursework. Accessibility services review accommodations. Financial aid and basic needs offices address material hardship. For abuse or assault, ask about confidential advocacy. Confirm local services and after hours contacts; reporting offices are not necessarily confidential.

In the United States, call or text 988 or visit 988lifeline.org for suicide or emotional crisis support. Call 911 for immediate danger, an attempt, suspected overdose, or another medical emergency. If a friend may be at immediate risk, stay with them when safe, ask directly about suicide, and involve trained help. Do not promise secrecy.

My counseling or student health contact _____

My trusted support person _____

Health guidance: National Institute of Mental Health, Caring for Your Mental Health (nimh.nih.gov/health/topics/caring-for-your-mental-health); 988 Lifeline (988lifeline.org). Adapted from the full College Student Wellbeing Biblical and Practical Guide, October 2026.