

Sixty Days to Sanity: Helping College Freshmen Overcome Mental Illness

A Self-Help Guide for Students Struggling with Anxiety, Depression, and Other Mental Health Challenges

College is a time of great change and transition. For many students, it is the first time they are living away from home and making their own decisions. This can be a challenging time, especially for students who are struggling with mental illness.



Sixty Days to Sanity, A College Freshman's Struggle to Overcome Mental Illness by Hannie P. Scott

★★★★★ 5 out of 5

Language	: English
File size	: 642 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 290 pages
Lending	: Enabled



Mental illness is a common problem among college students. In fact, one in four students will experience a mental health disorder during their time in college. These disorders can range from mild to severe, and they can have a significant impact on a student's academic, social, and personal life.

If you are a college freshman struggling with mental illness, you are not alone. There are many resources available to help you cope with your symptoms and succeed in school. One of the best things you can do is to seek professional help.

Sixty Days to Sanity is a self-help book that can help you get started on the road to recovery. The book provides practical advice and support for students who are experiencing anxiety, depression, or other mental health challenges.

The book is divided into six sections, each of which covers a different topic related to mental illness. The sections include:

- Understanding Mental Illness
- Coping with Symptoms
- Getting Help
- Staying Well
- Resources for College Students

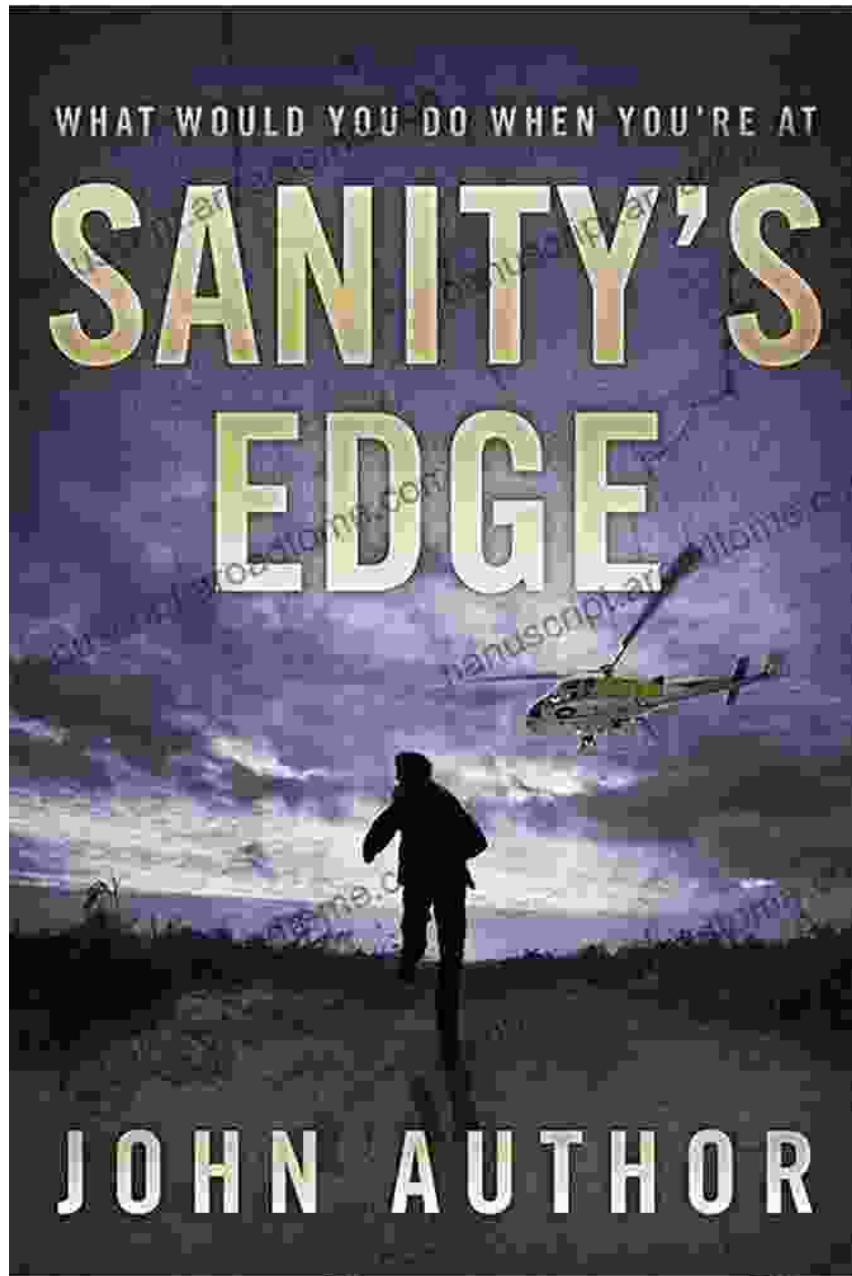
Each section provides information and advice on a specific topic. The book also includes worksheets and exercises that can help you put the information into practice.

Sixty Days to Sanity is a valuable resource for any college freshman struggling with mental illness. The book provides practical advice and support that can help you cope with your symptoms and succeed in school.

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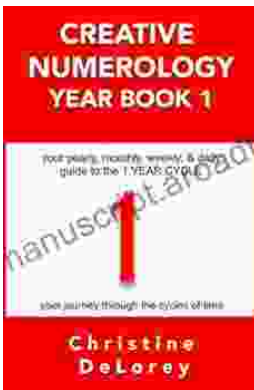


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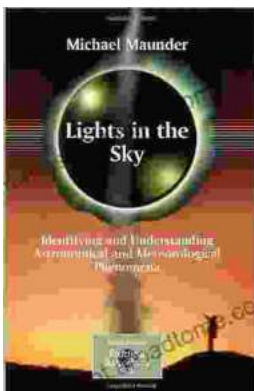


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