Cards promote depression awareness on campuses

I enjoyed Dr. Henry Nasrallah's editorial addressing mental illness on college campuses ("Mental illness on campus: What have we learned?" CURRENT PSYCHIATRY, June 2007, p. 19-20). I am a senior psychology/pre-med student at Southern Methodist University in Dallas. As part of a psychology project, I created a card about the size of a credit card that lists the signs of depression. The cards are designed for students to carry in their wallets for convenient referral.

More than 300 college student health centers across the United States have requested more than 20,000 of my cards on depression. These cards can be customized with mental health resources available at each campus for no charge.

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