NAMED BEST CAMPUS NEWSPAPER IN CALIFORNIA FOR 2022 BY THE CALIFORNIA COLLEGE MEDIA ASSOCIATION

SPECIAL Spartan Daily ISSUE

VOL. 160, NO. 37 | THURSDAY, APRIL 27, 2023 | SINCE 1934 | WWW.SJSUNEWS.COM/SPARTAN_DAILY

MENTAL HEALTH

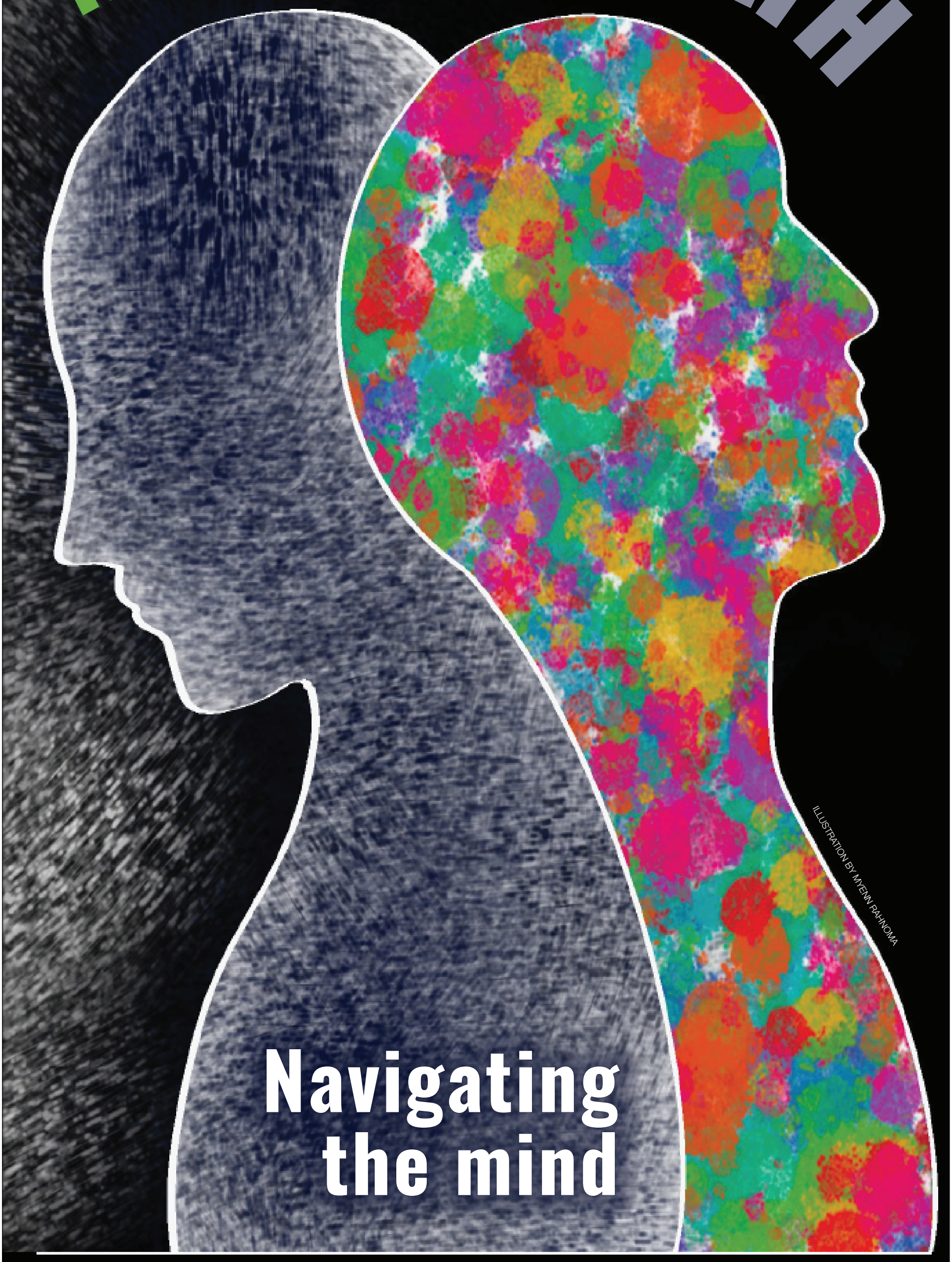

ILLUSTRATION BY MYENN RAHNOMA

Navigating the mind

Resources
Mental illness and mental health support

PAGES 3-4

Factors
Issues have underlying components

PAGES 5-10

Perception
The conversation gets distorted

PAGES 11-13

Experiences
SJSU students tell their stories

PAGES 14-19

