Compassionate concern:
- If someone is in distress, they may need reassurance. Let them know that it is possible to feel better and they are not alone.
- Let them know it is ok to ask for help and doing so is a sign of courage, strength, and good judgment.
- Listen to them; really listen—be comfortable with silence if that is what they need.
- If something doesn’t make sense, ask about it, don’t try to fill in the gaps with your own thoughts or words or jump to conclusions.
- Try to be patient and non-judgmental about how and what they might share with you.
- Don’t feel like you have to give advice or know all the answers. Just sitting with someone as they try to navigate their distress can be very powerful.
- Suggestions on how you can start this conversation include:  
  - “I’m worried about you because you seem…” (sad, withdrawn, etc.)  
  - “It concerned me when you said…” and be specific about what you heard 
  - “Do you want to talk about it?” “What can I do to help?”
- “It’s okay if you don’t want to talk to me, but I would feel better if you would talk to someone.”

Connect your friend to help by offering courses and community resources. The Center for Counseling and Human Development (floor 4, 717-871-7827) is a great start. If you have any concern that someone may have thoughts of self-harm, ask them directly. If your instinct tells you someone is in crisis and needs immediate help, call 911 and stay with the person until help arrives.

For additional information visit the Jed Foundation: www.jedfoundation.org

HELPFUL RESOURCES

- The Center for Counseling and Human Development
- The Center for Disease Control and Prevention's Mental Health website: www.cdc.gov/mentalhealth
- The National Alliance on Mental Illness (NAMI): www.nami.org
- Crisis Text Line: Text the word “HELLO” to 741741

For additional help and resources, please contact the AOD Counselor at John.Baltzer@Millersville.edu.

HEALTH SERVICES

Monday thru Thursday, 9 a.m.–5 p.m.
Friday, 8 a.m.–4 p.m.
By appointment only, call 871-5250.
Health Services offers 4 different STI tests through the Center for Disease Detection. In addition to Gonorrhea and Chlamydia testing, we are now submitting labs for Syphilis and HIV. Call for an appointment and pricing.

How to Stay Healthy in College

There are many factors that deter us from being healthy in college. The stress of classes and exams, temptation of available drugs or alcohol, unhealthy food, and sexual or sexual pressures all contribute to our overall health. There are a few things we can do to try and maintain good health while in college. Make sure you are making time for physical activity. Physical and mental health are directly related. Try to balance your diet. If you know you have a busy day of classes, try to plan ahead so you don’t end up making an unhealthy choice. Prevent sexually transmitted diseases and infections. Use condoms and get tested regularly, if you are sexually active. There are many resources on campus where you can get free condoms and other sexual health information. Get vaccinated. When sickness goes around campus, you will want to avoid it! Getting enough sleep is probably one of the hardest things for a college student, but making enough time to sleep will have immeasurable health benefits. Maintain your mental health by having a network of friends, staying active and seeking resources if you need them. Keeping all of these quick tips in mind will help you maintain a healthy lifestyle while in college.

News You Can Use:

Upcoming Intramural Deadlines

SPORT

ENTRY DEADLINE
Pre-Registration Tournament
Cord Kubbball .............................. Oct. 17
Basketball—Cord/Men’s/Women’s Leagues ........................ Oct. 17

SUNDAY FUNday — drop in for games, fun, and giveaways:
On the Quad .............................. Every Sunday 12–2 p.m.

INFORMATION/QUESTIONS:
Campus Recreation Office: SMK 38 • 717-871-5665
Millersville University Intramurals @ Millersville intramurals

Friday After Dark

Friday, Oct. 6
6 p.m.; SMC MPR

Friday, Oct. 13
Pride Fest
8 p.m.; SMC MPR

Saturday, Oct. 14
MOIVE — Spiderman: Homecoming
9 p.m.; SMC MPR

Millersville University is an Equal Opportunity/Inclusive Education Institution. A member of the Pennsylvania State System of Higher Education. C-HEAL-0917-MD

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