You are welcome to stop by if you have questions or to schedule an appointment.

SERVICES INCLUDE:

- Information and referral services
- Legal and medical accompaniment
- Trauma focused and empowerment counseling for students, significant others and family members

*Services are free and confidential

Call 717-871-4141 for an appointment at 717-871-4141.

Center for Health Education and Promotion

Health Services

Health Education and Promotion

Ville Intramurals

Volume 3 / Fall 2016

Editor: Center for Health Education and Promotion staff

“Positive anything is better than negative nothing.” —Elbert Hubbard

ULLSTGMA

Millersville University conducted the ACHA-National College Assessment II in Spring, 2016 (n=1,052 students). The data showed that students were diagnosed or treated by a professional for Obsessive Compulsive Disorder (OCD) (3.9%), Depression (19.3%) and Bipolar Disorder (1.9%). These very serious health conditions are often joked about in everyday language. It is fairly common to hear “Oh my God, I’m so bipolar” when one can’t decide on something to eat, what to wear or where to go. People tend to trivialize mental disorders such as OCD, bipolar disorder, depression and many others. It recognizes people with real conditions using them in a context that is not clinically diagnosed. It is important to realize that these conditions are impacting our fellow students and should be taken seriously. When someone jokes about conditions it is up to us to stop and recognize that we should describe how we feel in a less stigmatic way.

Source: Holmes, Lindsay. “Living well with mental illness:(cn) your relationship with AOD, take the alcohol or eTOKE self-assessment on the Counseling Center webpage or call 871-5250 for more information. 

Wellness Wednesdays:

Sexual Responsibility and Health Relationships: Condom Dart Board
Sept. 20; Outside Montour House; 11 a.m.–1 p.m.

Outreach:

Breast Cancer Outreach
Sept. 20; SMC, Anchor and McKain Library; 12:05 p.m.

Peer Education Programs:

Conquering College
Sept. 27; SMC, 2027; 7 p.m.

Events:

First 6 Weeks Ice cream Social
Sept. 27; Southside Suites; 6 p.m.

My Life Sentence: Brandon’s Dad
Sept. 20; Reighard Multipurpose Room, Student Memorial Center. Sponsored by Judicial Affairs and the Center for Health Education and Promotion; 7 p.m.

Campus Wellness Fair
Vote for Good Health Because Your Health Matters
Oct. 3; SMC Promenade (Monaural Courts Rain Location); 10:30 a.m.–1:30 p.m.

Body and Mind: Mental Health Awareness Speaker
Oct. 5; The Robert L. Slabinski Aquarium, Student Memorial Center; 7 p.m.

Wellness Fair

Breast-a-Ville

Wednesday, October 5, 2016
10:30 a.m. - 1:30 p.m.

SMC Promenade

Student Memorial Center (Monaural Courts, Rain Location)

Health Education and Promotion

Millersville University

Women’s bodies contain less water than a male of the same weight. As a result, there is less dilution of the alcohol.

B: Women have less of the enzyme that metabolizes alcohol.

C: Women have more adipose tissue which cannot absorb alcohol.

D: All of the above.

Answer: D, “all of the above.” Women who can “drink like the men” are at much higher risk of alcohol problems because of a significant increase in tolerance they have created. This very high tolerance often leads to dependence. Tolerance is not your friend.

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