How Can You HELP Yourself or a Friend?

In Spring of 2016, 39.4% of Millersville University students reported feeling depressed to the point it was difficult to function (ACHA-NCHA II, 2016). Out of all students that reported feelings of depression, only about half (19.3%) looked for professional help (ACHA-NCHA II, 2016). Depression is a condition in which a person experiences a lack of interest and joy in the daily activities they once enjoyed (Kazdin, 2000). If left untreated, depression can lead to severe weight loss or gain and insomnia or excessive sleeping. This leaves an individual with low energy, inability to concentrate, feelings of worthlessness or excessive guilt and recurrent thoughts of death or suicide. The Counseling Center located in the 3rd floor of Lyle Hall offers students free counseling. Students are provided 5 visits per semester; services are also offered in the Summer and Winter. Students are invited to an intake visit that includes a 15 minute questionnaire, and a meeting with a counselor. After this intake visit the student can decide on a schedule to meet with a counselor throughout the semester. This service, on top of being free, is also completely confidential. This service is here to help students so stop by Lyle Hall or call the Counseling Center at 717-871-7281 today!


News You Can Use:

RAP and Alcohol Poisoning:

Which of the following did YOU do last time a friend was so wasted that they passed out and:

- Couldn’t be awakened
- Threw up while passed out
- Had lips, finger nail beds, and skin that were blue or ashen
- Had skin that was cold and clammy
- Had breathing that was slow or irregular

a) Put them to bed to sleep it off
b) Said to a friend “If we take them to the hospital their parents will find out”
c) Realized “Do you know how much an ambulance ride or an ER visit costs?”
d) Were afraid that your drunken friend would be mad if you got help for them.
e) Thought “I don’t want to get in trouble”

f) Realized that Alcohol Poisoning is a big deal, acted like a real friend, and let the professionals make the decision on what to do next.

Please don’t forget that Pennsylvania state law and the Millersville Responsible Action Policy (RAP) make it easy to do the right thing … even if you are underage and have been drinking. Simply make the phone call, and make sure that one person stays with them while you help. If you have any questions or wish to know more about your relationship with AOD, take the Alcohol Survey or eTOKE self-assessment on the Counseling Center webpage at Millersville.edu/counsel or contact the AOD Counselor at John.Radziem@millersville.edu or call at 871-7281.

Trivia Question:
Q: What item should always be 6 feet away from your toilet?
A: In the next edition of Stall Talk

Source: Chicago Tribune: health trivia

Last Edition:
Q: How long does each yearbook last?
A: About 150 days

Health Services:
Monday thru Thursday, 9 a.m.–5 p.m.
Friday, 8 a.m.–4 p.m.
By appointment only, call 871-2500.

Health Services is now offering 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 US
Visit our website: www.millersville.edu/chep
Email us: chep@millersville.edu
Call us: 717-871-4040, or stop by the Health Center.

Wellness Wednesdays:

NEWSLETTER:

Interactive Workshops:
A Shot of Reality
Nov. 8; SMC 202; 6:00 p.m.
AOD Drunk Driving
Nov. 15; South Side Suites
Great Rooms; 6:00 p.m.
Not Fooling Me
Nov. 15; SMC 202; 7:00 p.m.

Events:
Project Condom
Nov. 7; SMC Rehearsal
Multipurpose Room; 7:30 p.m.
Walk A Mile in Her Shoes
Nov. 12; SMC Promenade; 6:30 p.m.

Coming Attractions!

bad after dark

Health Education & Promotion
Millersville University

CONTACT US
Visit our website: www.millersville.edu/chep
Email us: chep@millersville.edu
Call us: 717-871-4040, or stop by the Health Center.