Tips from the MU Counseling Center (Third Floor, Lyle Hall: 717-871-7821)

Anxiety, depression, sadness and stress are not unusual for college students. Learn how to help a friend or classmate who may be in emotional distress.

How Can I Tell if Someone is in Emotional Distress?

The person might:
- Skip classes, not show up for work or other obligations
- Isolate from friends
- Lack personal hygiene
- Neglect grooming, appear unkempt
- Drink alcohol in excess or abuse other drugs
- Engage in self-injurious behavior such as cutting or burning
- Post alarming or "out of character" items on social media

What Should I Do?
- Encourage your friend to talk
- List carefully and without judgment
- Enlist the help of a professional to support your friend
- Encourage your friend to call the Counseling Center for an appointment

How Can I Tell if My Friend is in More Serious Distress?

The person might:
- Hear, see or believe things that are not real (hallucinations, delusions)
- Speak incoherently or use "nonsense" talk
- Talk of suicide or homicide (directly or indirectly)

What Should I Do Then?
- Offer support and reassurance
- Do not dismiss talk about suicide or homicide
- Encourage the student to call the Counseling Center or you can call for them
- Dial 911 for University Police if your friend is in danger to self or others
- Call the MU Behavioral Intervention Team (717-871-7070) to report the behavior or report online using the link found at www.millersville.edu/studentconduct

In an emergency, or a situation involving aggression, violence or danger to self or others, contact University Police at 911.

Come to Stall Talk Wednesdays at 11 a.m. in More Serious Distress?

Did you know that the Center for Health Education and Promotion located in the Montour House across from the SCV bookstore provides free contraception to students? You can obtain safer sex kits that include internal condoms, external regular condoms, external magnum condoms, lubrication, testing information as well as instructions for use. We also offer dental-dams for use during oral sex. Stop by if interested——we are open Mondays 5 a.m. – 6 p.m. and Tuesday–Friday from 8 a.m. – 4:30 p.m.

Catch It Quickly

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If you know someone who seems to be in emotional distress, please call the Counseling Center at 717-871-7821 or dial 911 for University Police.

Creating Healthy Habits in 2019

Have you set a New Year’s resolution or two to become healthier? By creating healthy habits, you increase your ability to create and sustain a healthy lifestyle. Here are a few tips to building healthy habits:

- PLAN: set realistic goals and write down steps that you can realistically achieve.
- CHANGE SURROUNDINGS: look around you – are there unhealthy food options? Do you regularly overeat while watching tv or lose track of what you are eating while scrolling through social media? Be aware of what is around you that may be promoting unhealthy choices.
- ASK FOR SUPPORT: find people who can help you be successful — family, friends, or groups you may be a part of. They may even join you in making changes.
- FILL TIME WITH HEALTHY ACTIVITIES: finds ways to fill downtime with movement and exercise. Incorporate active into your hobbies and time spent with friends and family.
- TRACK PROGRESS: keep track of how things are going. Log your progress in a journal, or post it notes … or there even apps for this.
- IMAGINE THE FUTURE: think about the benefits of staying on track.
- REWARD YOURSELF: give yourself a healthy reward for staying on track such as personal time, a massage, manicure, etc.
- BE PATIENT: change takes time and setbacks happen. Focus on your progress not perfection.

Source: National Institutes of Health: www.nia.nih.gov

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FEATURED CLASSROOM PROGRAMS

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WELLNESS WEDNESDAY

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Welcome Back Bingo with Hot Chocolate and Cookies
BYOM 9 p.m. — Galley

Avalanche Express
7 p.m. — Bus Pick-up at SMC (leave park around 11 p.m.)

Paint Night
 Wheel of Fortune $10 — 9 p.m. — Robert L. Slabinski Atrium