

Taking Care of Your Mental Health

✓ Self-Care Strategies

Prioritize your well-being with a healthy routine: sleep well, eat nutritious meals, stay active, take breaks, and practice mindfulness to manage stress.

✓ Social Connections

Build supportive relationships with friends, family, or peers. Join clubs to connect and reduce isolation, and talk to someone you trust for support.

✓ Professional Help

Reach out to a counselor or therapist if you're feeling overwhelmed. They offer support and strategies to help, with many colleges providing free or low-cost services.



Emergency Help



National Suicide Prevention Lifeline

988



AllOne Health

1 (800) 756-3124

CODE: scuhs

Allone Health Website

SCAN
ME!



Counseling Interns



Shalom Ramirez



Juan Fernandez

How to Schedule an Appointment:

To schedule a Zoom appointment, simply email Counseling@scuhs.edu

Counseling is available to all students and provides a confidential, safe, and supportive environment to help manage the demands of academic and personal life. Our counseling interns are here to support you every step of the way.



Your **Mind** Matters



Mental Health Resources

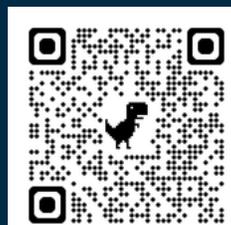
211 United Way

- Provides 24/7 access to local mental health resources, including crisis support, counseling, and treatment options



The Mental Health Coalition

- Offers expert-reviewed tools & resources for stress management, mental health education, and trusted support connections



NAMI HelpLine

National Alliance on Mental Illness

- A directory of resources categorized to help you identify possible options to meet your needs



Mental Health Apps



Calm

Calm offers guided meditation, sleep stories, and relaxation techniques to reduce stress and improve sleep



Headspace

Headspace provides guided meditation and mindfulness exercises to reduce stress, improve focus, and enhance sleep.



BetterHelp

BetterHelp connects you with licensed therapists for online counseling via text, video, or phone



How to Support Others



Listen and Validate

Offer a non-judgmental space for someone to express their feelings. Listen actively and acknowledge their emotions, showing empathy and understanding.



Professional Help

Encourage seeking professional support if needed. Offer to help find resources or accompany them to appointments for comfort and guidance.



Stay Connected

Regularly check in with friends or loved ones. Even small gestures, like sending a text or making time to talk, can make a big difference in showing support.



Educate Yourself

Learn about mental health conditions and how they impact people. Understanding their struggles can help you offer better support and reduce stigma.

