MENTAL HEALTH RESOURCES

LIFE TRANSITIONS ARE TOUGH; WE ARE HERE TO HELP!
Within the past 12 months, 84.0% of students felt overwhelmed by all they had to do.

What else did they report...?

- Felt things were hopeless: 55.3%
- Felt exhausted (not from physical activity): 82.6%
- Academic impacted by stress: 35.0%
- Felt overwhelming anxiety: 63.8%
- Felt very lonely: 61.1%
- Sleep difficulties: 38.8%
- Felt so depressed it was difficult to function: 45.8%
- Family problems: 35.6%
- Seriously considered suicide: 15.7%
- An emotionally abusive intimate relationship: 9.6%
- Sexual touching without their consent: 6.4%
HOW LEVEL OF WELLNESS IMPACTS YOU

- An overly-stressed individual will pull resources away from those areas of functioning that are important for successful performance... (e.g., ability to use critical thinking, problem-solving).

- Internal preoccupation can lead to isolation, disconnectedness, impaired ability to focus.

- In contrast, a state of psychological/physical wellbeing can enhance performance in all areas.
SOME COMMON STRESSORS WHEN ADJUSTING TO COLLEGE

- New environment (geographical location, campus, housing, etc.)
- College-level academic performance expectations and responsibilities
- Developing new relationships
- Increasing autonomy and independence
- Exposure to different ways of thinking, beliefs and expectations
- Lack of sleep; nutritional changes; time-management
STUDENT AND COMMUNITY COUNSELING CENTER

- Short-term individual and family counseling services
- Walk-in services
- Consultation
- “Let’s Talk” and drop-in workshops
- Mental Health education and information; MH screenings
- Collaboration with other campus partners
- Access to services are already included in CU Denver student fees
OFFICE OF CASE MANAGEMENT

• Work with students who may be struggling during the semester either academically or personally (emerging mental health or physical condition, difficulty adjusting to college life, etc.)
• Advocacy
• Resources and referrals
• Follow-up services
• Help Navigate the university system
• Professor notifications
• Providing interventions
• Medical Withdrawals- Full-term withdrawal
PHOENIX CENTER AT AURARIA

- Provide advocacy, education, support, resources to anyone impacted by interpersonal violence (Sexual violence, relationship violence, stalking)
- Confidential
- Free (covered by student fees)
- 24/7 helpline
- Talk to your student about interpersonal violence and being a good bystander
CAMPUS ASSESSMENT RESPONSE & EVALUATION (CARE) TEAM

• Similar to behavioral intervention teams in HS
• We are a multidisciplinary team responsible for addressing health and safety concerns of CU Denver Students
• Meet regularly to evaluate reported concerns to ensure the student is supported and safe
• Broad range of concerns are reported; most are based in transitional needs
<table>
<thead>
<tr>
<th>Changes to Look for in Your Student</th>
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<tbody>
<tr>
<td>Feeling very sad or withdrawn for more than two weeks</td>
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<tr>
<td>Severe risk-taking behaviors</td>
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<tr>
<td>Sudden overwhelming fear for no reason</td>
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<tr>
<td>Not eating, throwing up or using laxatives to lose weight</td>
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<tr>
<td>Seeing, hearing or believing things that others are not</td>
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<tr>
<td>Repeatedly and excessively using drugs or alcohol</td>
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<td>Drastic changes in mood, behavior, personality or sleeping habits</td>
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<td>Extreme difficulty in concentrating or staying still</td>
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<td>Intense worries or fears that get in the way of daily activities</td>
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<tr>
<td>Trying to harm oneself or planning to do so</td>
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<tr>
<td>(Starting the Conversation: College and your Mental Health)</td>
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</tbody>
</table>

Starting The Conversation: College and Your Mental Health (2016)
CONNECTING ON CAMPUS

Encourage your student to get Involved
- Attend campus events, join a student organizations, join a study group with classmates, meet with your faculty

Check in with about how they are managing stress
- Exercise, eating habits, sleeping habits, taking time for friends and family, organizing coursework, doing something fun

If you are worried or think they need support
- Contact us! Encourage them to visit the Counseling Center or reach out to Case Management for support. You can also submit a CARE report at ucdenver.edu/CARE

If you are worried or think they need support
WHO DOES YOUR STUDENT NEED TO KNOW?

- **Student & Community Counseling Center**
  - Free & Confidential Counseling, Tivoli 454
  - Office: 303-315-2720

- **Phoenix Center at Auraria**
  - Free and Confidential Survivor Support, Tivoli 227
  - Office: 303-315-7250
  - 24 Hour **free & confidential** hotline: 303-556-2255

- **Office of Case Management**
  - Free support and advocacy services for all students, Tivoli 309
  - Office: 303-315-7306

- **Dean of Students Office**
  - Free support and advocacy services for all students, Tivoli 309
  - Office: 303-315-7310

- **AHEC Police Department**
  - Text a Tip: 720-593-TIPS (8477)
  - 303-556-5000 (Put this number in your phone)

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**IF YOU SEE SOMETHING, SAY SOMETHING!**

We are all responsible for keeping our campus safe.