



Seeking Help

**Counseling & Student Development Center
Bucknell University**

How am I feeling?

- ◎ Under stress, our thoughts & feelings may be new or they may be more intense than usual
- ◎ If you are experiencing any of the following issues it may be a good idea to seek support:
 - Excessive worrying or fear
 - Feeling excessively sad or low
 - Changes in sleeping habits or feeling tired and low energy
 - Changes in eating habits such as increased hunger or lack of appetite
 - Overuse of substances like alcohol or drugs
 - Thinking about suicide
 - Inability to carry out daily activities or handle daily problems and stress
 - Confused thinking or problems concentrating and learning
 - Extreme mood changes, including uncontrollable “highs”
 - Prolonged or strong feelings of irritability or anger
 - Avoiding friends and social activities
 - Difficulties understanding or relating to other people
 - An intense fear of weight gain or concern with appearance


Asking for Help



- ⦿ Judgments about therapy and mental health often come from a lack of understanding rather than information based on facts.
- ⦿ At Bucknell, roughly 1 in 5 students has utilized services at the CSDC within the last year.
- ⦿ Learn to accept the way you're feeling and recognize what you need to do to treat it. (Seeking support & helping educate others can make a big difference!)


Overcoming Stigma



- ◎ Stigma comes from others & ourselves
 - It's the belief that feelings are a sign of personal weakness or that you should be able to control it without help
 - ◎ Connect with others who talk openly about their mental health
 - ◎ Seek professional counseling & support about what you're feeling
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Separate Self Worth from Feelings



- ① You are not defined by negative feelings and those feelings are not a reflection of your effort or character
 - ① Negative feelings can affect our mood, ability to complete work, and focus which can affect our performance
 - ① Admitting that you are struggling does not make you “less than” or “weak”
 - ① Keep challenging the stigma - from others and ourselves
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Confronting Isolation & Loneliness



- ◎ If you are struggling with your mental health, you may be reluctant to tell anyone about it.
 - ◎ Your family, friends, clergy, or members of your community may be sources of support (However, they may also be dismissive.)
 - ◎ Reach out to people you trust for the compassion, support and understanding you need
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Building Connection

- ⦿ Now, more than ever, it is important to build strong connections
- ⦿ You may be find yourself tuned into your devices more than usual and feeling worse. Wonder why?

Passive

- Watching TikToks
- Facebook or Twitter
- Scrolling through Instagram


Active

- Zoom or Facetime Calls
- Texting in a group chat
- Engaging in a discussion on a forum or writing a blog post

⦿ Research has shown passive engagement can lead to social comparison while active communication may allow you to start or strengthen relationships

Discussion Questions



- ① What symptoms do you experience that let you know it may be time to seek help?
 - ① What barriers have prevented you from seeking help in the past?
 - ① How have you maintained relationships during this time?
 - ① What are some strategies that you have found helpful in the past to support your mental health?
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Resources

- ◎ The CSDC remains available for Telehealth sessions or even a one on one consultation
 - Schedule an appointment by calling our office at 570-577-1604
 - Review our [website](#) for more info on our services and staff
- ◎ If you are in distress, a counselor is available after hours 24/7/365 by calling our office at 570-577-1604 and pressing “2” when prompted
- ◎ If you’re looking for a provider to connect with closer to home consider visiting [PsychologyToday](#) and use their “Find a Therapist” feature to locate a provider in your area

Hotlines

- ⦿ National Suicide Prevention Lifeline – Call 800-273-TALK (8255)
- ⦿ Crisis Text Line – Text HOME to 741-741
- ⦿ National Domestic Violence Hotline – Call 800-799-SAFE (7233)
- ⦿ National Sexual Assault Hotline – Call 800-656-HOPE (4673)

Identity-specific

- ⦿ Students of Color: The Steve Fund - Text STEVE to 741-741
- ⦿ LGBTQ+ Support: Trevor Project - (866)-488-7386
- ⦿ Trans Support: Trans Lifeline - (877)-565-8860

Please share your thoughts!

A decorative network diagram in the top right corner, consisting of various sized grey circles connected by thin grey lines, resembling a molecular or social network structure.

Please take a 2-3 minutes to give us your feedback on this program. It is greatly appreciated and used to improve future resources.

<https://baseline.campuslabs.com/bucknell/2021oe>

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