



MENTAL HEALTH 101

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Outline

- What is Mental Health?
- Significance of Self-Care
- Counseling and Student Development Center

What is Mental Health?



Mental health

- “Mental health is a state of well-being in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to contribute to his or her community.”
 - —World Health Organization

Distress and Dysfunction

- Noticeable change in personality
- Frequent crying
- Dramatic weight loss or gain
- Social withdrawal
- Alcohol and/or other drug use/abuse
- Odd behavior, peculiar speech
- Deterioration in personal hygiene
- Reference to suicide, preoccupation with death
- Hopelessness
- Failure to attend class or do assigned work
- Frequent request for attention, highly dependent behavior
- Compulsive behaviors
- Unruly, abusive behavior, on-going anger, vandalism
- Listless, lethargic, “depressed,” appearance
- Promiscuous sexual behavior
- Self-injurious behavior



SELF-CARE

Significance of Self-Care

- Strengthen coping abilities, resistance to illness and stress
- Consequence of neglect: greater difficulty managing common stressors, illness, worsened health, hospitalization

Self-Care: All areas of life



Self-Care

- Basics: Diet, sleep, spiritual connection, social support (family and significant others), exercise, recreational, time management, community supports,
- Examples: Nutritionally balanced meals, adequate water, quiet time/prayer/journaling/commune with nature, time with friends/family, walking/basketball/soccer, managing academic commitments with studying and class attendance
- Choices unique to the individual
- Seek help from community supports when needed



CARE IN YOUR COMMUNITY

Counseling and Student Development Center (CSDC)

- Individual/Group Therapy
 - Confidential
 - Modality: Video or in-person
- Same Day Phone Appointments (SDPA)
 - Via phone call
 - 10am – 4pm
- Consultation

CSDC services

- Educational workshops and programs
- AOD assessment/consultation
- Psychiatric service
 - Must participate in counseling simultaneously
 - Referred by CSDC clinician
- After Hours Services
 - For urgent needs
 - Counselor on call
- Referral resources

New CSDC Offering

- Togetherall

- Anonymous
- Peer-to-peer
- Give and receive feedback and support
- Online message board style
- Centered around mental health
- Monitored by counselors
- Video content about self-help, supporting others, mindfulness

How to reach CSDC

- Location: Graham Building
 - Phone: 570-577-1604
 - Same number for daytime and after hours services
- *We are here when you need us . . .*
 - *To help with normal developmental milestones and for coping with greater difficulties*