

# S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES

Brought to you by ATOD & Wellness Coaching at the Center for Health and Well-Being May 1 2023

## Summer Mental Health Resources

Alice Paul House 24/7 Hotline: 724-349-4444

The Open Door 724-465-2605

Crisis Line: 988

## DE-STRESS FEST

1:00 PM - 4:00 PM  
Tuesday, May 2nd  
Folger Student Center

Join us for:

- Free chair massages
- Crafts
- Jere-Ann Wagner
- Tons of snacks!
- Tarot Readings

Sponsored by the Center for Health and Well-Being, University College, IUP Libraries, Student Government Association

## IF YOU CHOOSE TO DRINK...

1. Set a limit before you start drinking
2. Plan a ride home beforehand
3. Use a buddy system!
4. Eat foods high in protein - it slows down alcohol absorption
5. Don't accept open containers from other people
6. Count your drinks
7. Avoid chugging, slamming, or gulping drinks



FOLLOW US ON  
INSTAGRAM  
@IUPATOD

Although 29.3% of IUP Students said they drink alcohol more than once a week, that leave 70.7% who do not. If you choose not to drink, you are definitely not alone. (ACHA, 2019)

## Wellness Coaching Program



### What is Wellness Coaching?

Wellness Coaching is a chance to work through goals without having to commit to therapy. Our coaches use Motivational Interviewing skills to help you find short-term solutions to your concerns. This is a free service for IUP students!

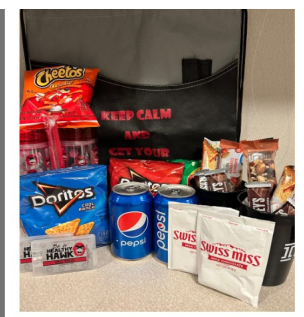
Wellness Coaching services will be offered virtually or in person this summer for IUP students! You can sign-up for an Initial Appointment here.



Please email us at [well-coaching@iup.edu](mailto:well-coaching@iup.edu) or sign up through the QR code!

## Good luck on Finals!

Since finals are approaching...



tag @IUPATOD in an Instagram story of you and your friends studying for finals and be entered to Win a #SuperStudySnackBag!

Questions or comments can be directed to the Alcohol, Tobacco, & Other Drug Program in the Center for Health and Well-Being:

Suites on Maple East - Suite G59 901 Maple Street, Indiana, PA 15705

Phone: (724) 357-1265 email: [atod-oasis@iup.edu](mailto:atod-oasis@iup.edu)

