



S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES

Brought to you by Health and Wellness Promotion at the Center for Health and Well-Being August 29, 2022

FRESH CHECK DAY

Fresh Check Day® is an **uplifting** mental health fair that includes **peer-run interactive booths, refreshments, music, and exciting prizes and giveaways.**

Join Us

DATE: Tuesday, September 6th

TIME: 2:30PM-4:30PM

LOCATION: Oak Grove

(Rain Location TBD—will be announced on IG @iupaware)

Make
YOURSELF
A Priority

Interactive Booths:

- ◆ Music by WIUP-FM
- ◆ Gratitude Phone Booth
- ◆ Students & Seniors
- ◆ Ribbons of Life
- ◆ Message in a Bottle
- ◆ Wear What You Need Bracelet Making
- ◆ Hawk Rocks—Hope Rocks
- ◆ Hawks with Hope Blanket
- ◆ AND MUCH MORE!

You are NOT

ALONE

Millions of people are affected by mental illness each year. Across the country, many people just like you work, perform, create, compete, laugh, love and inspire every day.



1 in 5 U.S. adults experience mental illness

1 in 20

1 in 20 U.S. adults experience serious mental illness

17%

of youth (6-17 years) experience a mental health disorder

Fall Semester Stressors of College Students

YOU are NOT ALONE...

- ◆ Homesickness—missing family and friends, long-distance relationships
- ◆ Fear of not fitting in—Meeting new friends
- ◆ Adjusting to a new roommate
- ◆ Challenges of managing new freedom
 - ◆ Time management—studying, social time, classes, self-care, etc.
 - ◆ Taking care of your personal needs—meals, health, laundry, etc.
- ◆ Coping with stress
- ◆ Financial strain
- ◆ Academic demands
- ◆ Personal concerns and stressors

IUP Faculty and Staff are here for you

It's OKAY to ASK for HELP

Resources

- ◆ National Suicide Prevention Lifeline
[Call: 1-800-273-TALK](tel:1-800-273-TALK)
- ◆ HOPELINE
[Text "HELP" to 741741](text:HELPIUM)
- ◆ Open Door
1-877-333-2470
- ◆ IUP Counseling Center:
For appointments [call 724-357-2621](tel:724-357-2621)
- ◆ IUP Campus Police
724-357-2141
- ◆ IUP Health Services
724-357-2550
- ◆ CALL 9-1-1 for mental health emergencies



Health and Wellness Promotion

G59 Suites on Maple-East—CHWB Phone: 724-357-4799

Follow us on IG @IUPAWARE and @IUPRANGER1