## A HOLISTIC APPROACH TO MENTAL HEALTH

The University of Dayton provides a variety of resources and support for individuals to overcome challenges, build resilience, and thrive at the University and beyond. Particularly in times of distress, individuals turn to those with whom they have established relationships. Therefore, it is appropriate and encouraged to reach out to individuals directly, show concern, and have conversation guided by this framework about their wellbeing. The elements outlined below build upon each other so individuals can create a foundation for resilience, demonstrate self-awareness, and seek out appropriate resources.



SEEK IMMEDIATE HELP

- Call Public Safety: 937-229-2121
- Call 911 (UD campus phones)
- Crisis Text Line: Text HOME to 741741
- Call 988 (Suicide and Crisis Lifeline)
- YWCA Local Crisis Line: 937-222-SAFE
- · Seek care at the hospital

## ACCEPT ASSISTANCE & SUPPORT

- · Counseling Center Crisis Appointments
- · Dean of Students Office
- · Community Standards and Civility
- Academic Deans
- · Global and Intercultural Affairs Center

## 5 UTILIZE CAMPUS RESOURCES

- · Counseling Center
- Campus Ministry
- Center for Alcohol and Other Drug Resources and Education (CADRE) individual or group appointments
- Student Health Center

- Brook Center
- · Office of Learning Resources
- · Housing & Residence Life
- Equity Compliance Office
- Food4Flyers Food Pantry

TALK ABOUT YOUR CONCERNS

- Talk to a friend, family member, mentor, or trusted individual
- Engage with peer mentor programs such as R.A., Neighborhood Fellow. PAVE, Q \*mmunity Leaders, Diversity Peer Educators, Co-Pilots, and Flyer IMPACT
- Participate in "Let's Talk" sessions at the Counseling Center
- · Reach out to Academic Advisors
- Utilize support resources such as Campus Ministry, Global and Intercultural Affairs Center, Multi-Ethnic Education and Engagement Center, Military and Veteran Programs and Services, Office of Diversity and Inclusion, and Women's Center

DEVELOP YOUR SKILLS

- Mental Health education and training opportunities at go.udayton.edu/mentalhealth
- · Additional training opportunities including Ally+ Workshop, Green Dot, and Recovery is Spoken Here (RISH)
- Anxiety & Depression Toolbox Seminar with the Counseling Center
- Explore strategies to set wellbeing goals so that you can succeed, thrive, and matter at YOU@Dayton (wellbeing.udayton.edu)
- Educational workshops, tutoring, supplemental instruction (SI), Academic Coaching, and Library Services

BUILD YOUR COMMUNITY

- Build a network of support by joining a University-sponsored organization
- Participate in Intramural Sports, Sport Clubs, Group Fitness, and Outdoor Recreation (activeflyers.udayton.edu)
- Establish a connection to the city of Dayton through volunteerism and service
- Attend UD Late Night events
- Foster supportive relationships through retreats, mentorship opportunities, research with faculty, and campus employment

- PRACTICE SELF-CARE
- · Learn about the connections between physical and mental health and ways to nourish your body, to include the benefits of nature
- Engage in prayer, meditation, and mindfulness
- Get 30 minutes of moderate to vigorous physical activity each day
- Sleep uninterrupted for 7 8 hours each night
- Eat a balanced diet including an appropriate amount of water based on individual characteristics such as sex and body weight
- Gather information and develop a sense of self-awareness via YOU@Dayton (wellbeing.udayton.edu)

**AUTONOMY**