

IT'S OKAY TO NOT BE OKAY

Transition and new experiences can be difficult. Don't be afraid to ask for help! According to the National Institutes of Health, there are warning signs of depression that indicate you or a friend may benefit from additional support:

- Persistent sadness or anxiety
- Feelings of hopelessness
- Feelings of irritability or restlessness
- Feelings of worthlessness or helplessness
- Loss of interest in hobbies and activities
- Fatigue, lack of energy, or feeling slowed down
- Difficulty concentrating or remembering
- Difficulty sleeping or waking

The **CARE Team** works to enhance safety through prevention and education. If you or a friend is experiencing concerns related to anxiety, depression, harm to self or others, or wants mental health assistance, please connect with the CARE Team by utilizing the online referral form. The form is available on the CARE Team website, and is also linked in the QR code below.

YOU'VE GOT A FRIEND IN ME

The fall semester is a great opportunity to make new connections and enhance existing friendships. If you're struggling to find where to start, consider:

Get out of your room. Use common spaces and lounges in residence halls to meet other people who live in your community.

Find people with common interests. Check out RamConnect to find student organizations on campus, or use apps like Meet Up to find events happening off campus.

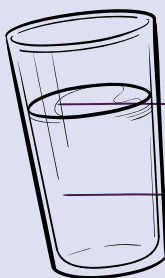
Attend campus events. Set a simple goal for the first month of classes, such as attending one new event each week.

Pocket your phone. As you go through your day, keep your phone away, take in your surroundings, and say "hi" to people who pass you on the sidewalks.

Be you! Do your best to let your personality and passions shine through. The people who want to be friends will be drawn to you and want to spend time with you.



REMEMBER: CUPS



Knowing the signs of alcohol poisoning can save a life:

- C** - Cold, clammy, or blueish skin
- U** - Unconsciousness or unable to awaken
- P** - Puking while passed out/uncontrollably
- S** - Slow, shallow, or irregular breathing

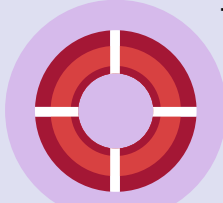
CALL
911
IMMEDIATELY

You don't need to be experiencing all of the signs to be experiencing alcohol poisoning!

DID YOU KNOW?

The WCU medical amnesty policy encourages students to seek emergency medical assistance in situations that are possibly life-threatening due to alcohol or drug use without fear of university conduct violations for alcohol or drug use.

To learn more about campus policies regarding substance use, scan the QR code below.



COMMUTING WITH CARE

Commuter students are an important part of our community, but challenges related to commuting and parking can be a source of stress that can make it difficult to fully engage on-campus. Explore options for making your commute more manageable and less stressful:

- ✓ Join WCU's ride-sharing app, **Share-A-Ride**, to find others in your area who share a commute. This is a great way to meet more people and reduce the stress of commuting!
- ✓ Take advantage of WCU's carpool parking spaces, found in priority locations in lots across campus.
- ✓ Take some of the pressure off your wallet if you are a SEPTA commuter by purchasing a discounted monthly pass through WCU (available to both students and employees).

To learn more about transportation and parking, scan the QR code below.

RAMMY RIDDLER

Where does today come before yesterday?



SCAN
ME



WELLNESS PROMOTION
COMMONWEALTH HALL, GROUND FLOOR
610-436-0730
WWW.WCUPA.EDU/WEWELLNESS
WEWELLNESS@WCUPA.EDU

SCAN HERE FOR MORE
RESOURCES & SOURCES:



@WCUWELLNESSPROMOTION
WCUWELLNESS
RAMCONNECT: WELLNESS PROMOTION

LIVEWELL
LEARNWELL
WCU Health & Wellness
Wellness Promotion