



A Monthly Virtual Helping Tool
From ARCC Counseling Services

APRIL TOPIC: MENTAL HEALTH

Mental Wellness Matters!

We are supposed to have some stress in our lives. It moves us forward, motivates us and allows us to grow. When stress gets overwhelming or is not able to be managed, we can be at risk for a mental health disorder.

Check out page 2 of this newsletter to learn about the mental wellness continuum and find out more about steps you can take based on where you are at on the continuum.

RESOURCE CORNER

Check out these resources about mental health and mental illness:

NAMI MN: National Alliance on Mental Illness Minnesota. Offers resources, workshops, support groups, events.

Allina Change to Chill: Tools for coping, videos, worksheets, resources.

Psychology Today: Find a therapist near you. Filter by insurance, specialty areas, preferred therapist gender. Read a bio to learn about them before you pick one!

SAMHSA National Helpline: Free, confidential 24 hour help line to get connected to professionals for help with substance use or mental health concerns.

Text4Life: Text MN to 741741 for 24-hour crisis support.

Suicide prevention Lifeline: 1-800-273-8255

FACTS:

- **75%** of mental health issues begin before age 24
- **39%** of college students experience a significant mental health issue

VIDEO

Check out this short [video](#) of college students talking about self-care.



QUICK SELF CARE TIPS

Active Minds is a non-profit national student organization working to change the conversation about mental health. They asked students to share self-care tips.

[Here's what they shared!](#)



ARTICLE SPOTLIGHT

Assess Your Stress – Where Are You on the Stress Continuum?

University of Utah Health

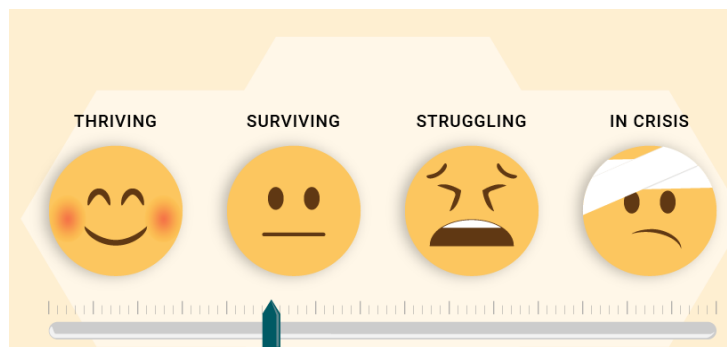
[This article](#) provides a tool for assessing your stress. Which category do you fall in?

- Thriving: “I got this”
- Surviving: “Something isn’t right”
- Struggling: “I can’t keep this up”
- Crisis: “I can’t survive this”

Check out the article to learn more about each stress category to see where you fall and what action steps you can take based where you are on the continuum. The article links to resources at the University of Utah, but some Anoka-Ramsey Community College Resources include:

- [Personal Counseling](#)
- [Basic Needs Resources](#)
- Community resources listed on page 1 of this newsletter

Take a step today to improve your self-care and check on your mental health!



ARCC MENTAL HEALTH SCREENING TOOL

You can take a free, anonymous [mental health screening](#) to determine if your thoughts, feelings and behaviors might indicate a need for professional intervention. Various screenings are offered such as depression, anxiety, overall wellness, substance use and, more. Screenings are not intended to be diagnostic in nature but give the user information and recommendations based on their results.

[TAKE A SCREENING](#)

Let's TACO 'Bout it!

Thursday, April
14 at 2:00 PM

This zoom event is an open forum for ARCC students to talk about mental health and share their struggles, joys, and ways of coping with it all. ARCC Counselors will be available to share resources. Plus, we're randomly giving away 3 gift cards for \$15 each to Taco Bell just for participating!

Register here: <https://bit.ly/MentalHealthTacoBoutIt>

Accommodation requests related to a disability or health condition should be made by April 7 to counseling@anokaramsey.edu



Sponsored by ARCC Counseling Services

*For appointments click [here](#) or
call 763-433-1100*

*For non-emergency questions email:
Counseling@anokaramsey.edu*

