

TAKE 5

DEVELOP SKILLS FOR POSITIVE LIVING

September, 2022

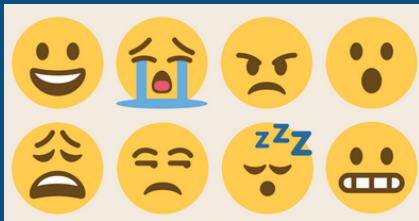
A VIRTUAL HELPING TOOL
FROM ARCC COUNSELING

MONTHLY NEWSLETTER

TOPIC: MENTAL WELL-BEING

MENTAL WELL-BEING

College can be stressful. It's important to stay on top of your mental well-being and take steps every day to take care of yourself. Check out the tools and resources in this 3 page newsletter to learn more.



COLLEGE GUIDE: NAVIGATING COLLEGE

Check out [this video](#) from NAMI to learn how to address your mental health concerns while at college.



988: NEW SUICIDE AND CRISIS LIFELINE

988 is the new, easy to remember crisis line. It is confidential, free, and available 24/7/365, connecting those experiencing a mental health, substance use, or suicidal crisis with trained crisis counselors. Call, text or chat 988 if you need help. Click [HERE](#) for more information.



FACTS ABOUT MENTAL HEALTH

- 39% of college students experience a significant mental health concern
- 75% of mental health issues begin by age 24
- 1 in 5 adults have a diagnosable mental illness

TALK CAMPUS IS AT ARCC!

Get instant support for your mental health any time of day and night by connecting with other students through the **TalkCampus app**. Being a student can be incredibly tough. Talk anonymously to students around the world that share similar struggles and can relate. This is a **safe place** where you can talk about anything and get support. More info at the zoom event shared below.

Click [HERE](#) to learn more and download the app





ARTICLE SPOTLIGHT

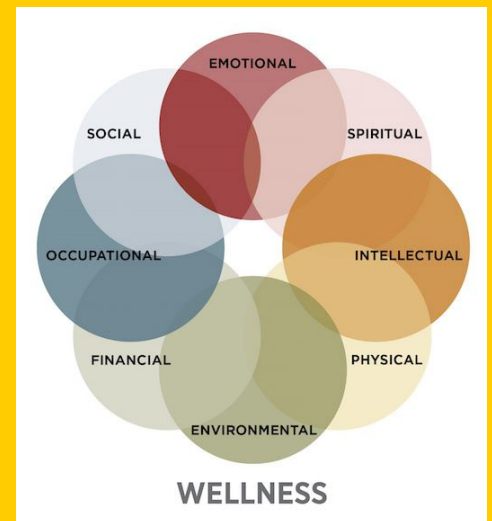
The 8 Dimensions of Wellness: Where Do You Fit In?

Good Therapy

Throughout the academic year, the Take 5 programming will focus on the 8 dimensions of wellness. This article reviews the 8 dimensions. It is important to optimize your health in each area for overall life satisfaction. The article shares resources and links to improve in each area. What dimension do you feel is strong in your life? What area would you like to work on?

The 8 dimensions are: Emotional, Spiritual, Intellectual, Physical, Environmental, Financial, Occupational and Social.

If you would like to take a personal assessment of your 8 dimensions, click HERE for an assessment tool.



EVENT

Take 5 for Mental Well-Being: ARCC Campus Resources

College can be stressful. Join us to learn about campus resources and tools for supporting your mental well-being.

When: Tuesday, September 20 1:00 - 1:30 PM

Where: Zoom. Click HERE to Register

In a [2021 article by Angela Theisen, L.C.S.W.](#), she makes the argument that a sense of belonging is an integral part of mental and physical health. This year Anoka-Ramsey Community College has chosen Belongingness as the theme for our [Strategic Plan](#). Please consider not only the suggestions found within the linked article above, but also the [Belongingness Tips Sheet](#). Find a friend who is willing to be a partner in this effort to help you overcome any potential awkwardness and encourage you to keep trying.

When we connect in healthy ways with ourselves and each other, our relationships are strengthened and the journey towards success is a little more enjoyable and achievable. And when things seem particularly rough, take advantage of the many resources available to you... especially the communities you belong to.

Brandyn Woodard, ARCC Vice President of Equity and Inclusion



ARCC Counseling
Services:

For appointments
click [HERE](#) or Call
763-433-1100

For non-emergency
questions email:

Counseling@anokaramsey.edu

RESOURCE CORNER

- [NAMI MN](#): National Alliance on Mental Illness Minnesota: Find resources, information and support.
- [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 and more. Read a bio to learn about them before you pick one!
- [ARCC Basic Needs Website](#): Find resources meeting your basic needs like food, housing, transportation and childcare.
- [ARCC Mental Health Screening Tool](#): Concerned about how you are feeling? Take a free, anonymous screening to see if you should connect with a mental health professional.
- [Crisis Text Line](#): Text MN to 741741 for 24-hour crisis support.
- [988 Suicide and Crisis lifeline](#): Text, chat or call 988 for help with emotional or substance use concerns.

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