

Mental Health Problems

Mental Health Concerns:

- Anxiety
- Panic attacks
- Depression
- Anxiety with depression
- Suicide

Signs and Symptoms of Anxiety and/or Depression:

- Fatigue/tiredness
- Sleep disturbances
- Increased tension
- Irritability
- Difficulty concentrating
- Increased heart rate
- Nervousness
- Trembling
- Nausea
- Dizziness

Warning Signs of Suicide:

- Talking about wanting to die or wanting to kill yourself
- Looking for a way to kill yourself, such as searching online for methods or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others

If you are experiencing suicidal thoughts or worsening/concerning symptoms, please:

- Call 911
- Seek immediate medical care through the nearest Emergency Room
- Call the Suicide and Crisis Lifeline
 - 988
 - <https://988lifeline.org/>
- Call TAPLINE: 24 hour free psychological telephone support
 - [1-800-222-9016](tel:1-800-222-9016)
- Crisis Text Line (<https://www.crisistextline.org/>): Text HOME to 741741

Self-Care treatment options for depression and anxiety:

- Start a regular exercise routine such as daily brisk walks, running/jogging, biking
- Avoid stimulants such as energy/power drinks, caffeine pills
- Avoid caffeine: coffee, tea, sodas, chocolate and diet pills
- Avoid alcohol or drug use

Some Relaxation Techniques:

- Find quiet time for 20 minutes on a daily basis
- Keep a daily journal of your thoughts and things that happen to you
- Get outside daily for at least 5 minutes to get "grounded". Enjoy the sunlight or touch the ground.
- Self-massage or get a massage of the neck, back, and feet to relieve tension
- Talk to a good friend or the Counseling Center about problems or fears
- Use meditation or guided imagery to relieve tension
- Listen to mellow or calming music
- Take slow, deep breaths
- Take warm showers or baths to relieve muscle tension

Please contact the Student Counseling Center or the on-campus Student Health Clinic to make an appointment to obtain **confidential** information about treatment options -- help is available.

For campus specific phone numbers, please refer to the website:

www.commonwealthu.edu/offices-directory/counseling-center

Please call to make an appointment at your on-campus Student Health Clinic or with your PCP or go to Urgent Care or the Emergency Department if your concerns do not improve with conservative self-care treatment or if you have worsening symptoms.

Please know your health problems and allergies. Information contained in this handout is for educational purposes only. It is not a substitute for evaluation and treatment by a Healthcare professional. As new and updated information becomes available, the content may change. Please contact your Healthcare Provider or the on-campus Student Health Services Clinic with any questions.

Mental Health Problems self-care handout

Developed 8/18

Last reviewed/revised: 8/23, 1/24, 1/25, 1/26

Reviewed 1/24, 1/25, 1/26