

IT'S OKAY TO ASK FOR HELP



**Are you struggling with
Mental Health? You are
not alone!**

35% of college students struggle with mental health and the most common types are anxiety and depression.

What can you do?

Attempt to do things to take care of yourself! Get some exercise, find a happy place, make new friends, find something to believe in, have good hygiene, get your work done!

For education, information, or training
**Wellness and Health Promotion
Services**

(618) 536 - 4441

For counseling or referrals

**Counseling and Psychological
Services**

(618) 453-5371

Monday-Friday 8:00am-9:00pm

Saturday & Sunday 12:30-9:00pm



*For counseling and risk
assessment after 9:00pm
and during campus closures*

Connect@SIU

(833) 434-1217