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SWOSU BULLDOG WELLNESS

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SWOSU Bulldog Wellness Committee

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SWOSU

Bulldog Wellness

May 2024



May is Mental Health Awareness Month

- **1 in 5** U.S. adults experience a mental health condition each year.
- *You are not alone on your mental health journey.*
- Mental illness affects **more than 50 million** people in the U.S.
 - **17% of youth** 6-17 years of age
 - 47% of LGB adults
- **The suicide rate has increased 35% since 1999.**

SWOSU Mental Health Services:

Therapy Assistance Online (TAO) provides 24/7 access to resources to help you feel your best emotionally.

TAO is free to the campus community. To enter TAO, go to thepath.taoconnect.org. Enter your SWOSU email address and log in using one of the following three methods:

1. **TAO Self-Help:** Exploring TAO on your own? Click the self-help button and follow instructions.
2. **TAO Assigned:** Assigned TAO content by a SWOSU faculty or staff member? Enter the enrollment key they provided to you.
3. **TAO Therapy:** Signed up by a counselor at Counseling & Wellness for TAO therapy sessions? Enter the password you received by email.

We hope that you find TAO to be a useful tool in your wellness journey!

You are invited to join our 10-day **Tune In To Mindfulness** challenge **starting May 22**. Join to:

- Practice mindfulness by completing mini challenges
- Get moving to reach your Stick to It goal

Please join us! <https://link.movespring.com/join?orgCode=swosu1&groupCode=JPQJR1>

For questions please contact sarah.yount@swosu.edu.



My Mental Health: Do I Need Help?

First, determine how much your symptoms interfere with your daily life.



Do I have mild symptoms that have lasted for less than 2 weeks?

- Feeling a little down
- Feeling down, but still able to do job, schoolwork, or housework
- Some trouble sleeping
- Feeling down, but still able to take care of yourself or take care of others



If so, here are some self-care activities that can help:

- Exercising (e.g., aerobics, yoga)
- Engaging in social contact (virtual or in person)
- Getting adequate sleep on a regular schedule
- Eating healthy
- Talking to a trusted friend or family member
- Practicing meditation, relaxation, and mindfulness

If the symptoms above do not improve or seem to be worsening despite self-care efforts, talk to your health care provider.



Do I have severe symptoms that have lasted 2 weeks or more?

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Unable to perform usual daily functions and responsibilities
- Thoughts of death or self-harm



Seek professional help:

- Psychotherapy (talk therapy)—virtual or in person; individual, group, or family
- Medications
- Brain stimulation therapies

For help finding treatment, visit [nimh.nih.gov/findhelp](https://www.nimh.nih.gov/findhelp).

If you are in crisis, call or text the 988 Suicide & Crisis Lifeline at 988 or chat at 988lifeline.org, or text the Crisis Text Line (text HELLO to 741741).



National Institute
of Mental Health