

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 Services 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 service or the Student Health Center to make an appointment to obtain **confidential** information about treatment options -- help is available.

The Center for Counseling and Human Development (CCHD)

Student Services Center Room 240

570-389-4255

www.bloomu.edu/offices-directory/counseling-and-human-development

Please call to make an appointment at the Student Health Center 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 problem 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 SHC Triage Nurse at 570-389-4451 with any questions.

Commonwealth University - Bloomsburg Student Health Center, Room 324 Kehr Union Building, Bloomsburg, PA 17815

Phone: 570-389-4451 Fax: 570-389-3417

Mental Health Problems Nurse

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