HOLISTIC APPROACH TO WELLNESS

CSUMB provides students a variety of resources and on campus supports to overcome challenges, build resilience, and thrive at the University and beyond. Health & Wellness Services encourages students to utilize this framework to identify the service departments able to support their overall mental health and wellbeing.

Steps to Approach Mental Health and Wellness:

[**Practice Self-Care**](#_213zl1gxk7md) **1**

[**Build Community**](#_fh6sr6wzc1wl) **1**

[**Develop Skills**](#_medss4f7hpia) **1**

[**Talk about Concerns**](#_u3tmsbm2xqyf) **1**

[**Utilize Resources**](#_f4jfd5gszenc) **1**

[**Accept Support**](#_vzqlkxuxtkk3) **1**

[**Seek Help**](#_m9byrxslrckz) **1**

# 1: Practice Self-Care

* Engage in journaling, meditation, and mindfulness
* Include movement in your daily routine
* Uninterrupted sleep for 7–8 hours each night
* Eat a balanced diet, including an appropriate amount of water based on your body's needs
* Develop a deeper sense of self-awareness through the use of [You@CSUMB](http://you.csumb.edu/)

# 2: Build Community

* Join a recognized student organization through [MyRaft](https://myraft.csumb.edu/home_login)
* Participate in [Intramural Sports & Club Sports](https://csumb.edu/recreation/)
* Establish connections through [volunteerism and service](https://csumb.edu/service/)
* Attend an [Otter Student Union](https://csumb.edu/osu/) community event
* Explore mentorship opportunities, [research](https://csumb.edu/uroc/), and [campus employment](https://csumb.edu/career/)
* Connect with [affinity-based communities](https://csumb.edu/oc3/) that align with your identity, experience, and cultural traditions
* Connect with the [Transfer Student Success Center](https://csumb.edu/transfercenter/)

# 3: Develop Skills

* Seek out [Mental Health Training](https://csumb.edu/pgcc/otter-care-/) opportunities: Mental Health First Aid (MHFA), Question Persuade Refer (QPR)
* Participate in diversity, cross-culturalism, and social justice workshops through [NCBI](https://csumb.edu/pgcc/coping-racism-discrimination/national-coalition-building-institute/) and [OC3](https://csumb.edu/oc3/)
* Attend [Cooperative Learning Center Programs](https://csumb.edu/clc/) or Personal Growth and Counseling Center [Workshops](https://csumb.edu/pgcc/groups/)
* Develop leadership and interpersonal skills through [Student Engagement and Leadership Development](https://csumb.edu/seld/)

# 4: Talk about Concerns

* Talk to a friend, family member, faculty, mentor or other trusted individual
* Engage with a peer like a [Power Peer Educator](https://csumb.edu/health/wellness-programs/) or a [Residential Advisor](https://csumb.edu/housing/contact-ra/)
* Talk with a counselor through [Let’s Talk](https://csumb.edu/pgcc/lets-talk/) drop in confidential consultations
* Consult with your [Academic Advisors](https://csumb.edu/advising/)
* Share your concerns with [Associated Students](https://csumb.edu/as/)

# 5: Utilize Resources

* [Counseling Services](https://csumb.edu/pgcc/): Individual and group counseling, wellness workshops
* [Health Center](http://csumb.edu/health): Meet with a medical provider regarding health-related concerns
* [Student Disability & Accessibility Center](https://csumb.edu/sdr/): Advisors can support accommodation needs

# 6: Accept Support

* [Crisis Counseling](https://csumb.edu/pgcc/) – schedule by calling 831-582-3969
* [Care Manager](https://csumb.edu/studentlife/care-team/) & [Basic Needs](https://csumb.edu/basicneeds/): 831-582-4081
* Dean’s Office in your College
* [Campus Advocate](https://csumb.edu/campusadvocate/): 831-402-9477

# 7: Seek Help

* 24/7 Help Line: 831-582-3969
* Crisis Text Line: Text HOME to 741741
* Suicide Prevention Lifeline: 988
* Go to your nearest Emergency Room or call 911

Find all CSUMB student resources and contact information at: [www.csumb.edu/help/campus-resources](http://www.csumb.edu/help/campus-resources)