

HOLISTIC APPROACH TO MENTAL HEALTH

Cal Poly provides a variety of resources and support for students to overcome challenges, build resilience and thrive at the university and beyond. Particularly in times of distress, it can be helpful for students to turn to those with whom they have established relationships. Therefore, it is appropriate and encouraged to reach out to individuals directly, show concern and have conversation guided by this framework about their well-being. The elements outlined below build upon each other so that individuals can create a foundation for resilience, demonstrate self-awareness and seek appropriate resources. Campus Health & Wellbeing encourages students to use this framework in support of a holistic approach to mental health.

RESPONSIVE

PROACTIVE

1 PRACTICE SELF-SUPPORT

- Engage in journaling, meditation and mindfulness.
- Include movement in your daily routine.
- Sleep uninterrupted for seven to eight hours each night.

- Nourish your body with a balanced diet.
- Develop a deeper sense of self-awareness through the use of [Screen U](#) (online).

2 BUILD YOUR COMMUNITY

- Join a recognized student organization through [Cal Poly NOW](#).
- Participate in [Intramural sports and club sports](#).
- Establish a connection to the city of San Luis Obispo through volunteerism and service with [Center for Service in Action](#).
- Attend an [ASL event](#).

- Foster supportive relationships through mentorship opportunities, research with faculty and campus employment.
- Connect with affinity-based community centers that align with your identity, experience and cultural traditions through [Student Diversity and Belonging \(SDAB\)](#).
- Build your sober community through [Mustangs for Recovery](#).
- Connect with the [Transfer Center](#).

3 DEVELOP YOUR SKILLS

- Seek out [mental health training](#) opportunities: Mental Health First Aid (MHFA), Question Persuade Refer (QPR), or other programs.
- Join [Safer's leadership training](#).

- Attend programs hosted by [Student Diversity and Belonging \(SDAB\)](#) Centers.
- Sign up for [workshops](#) at Counseling & Psychological Services.
- Develop leadership and interpersonal skills through the [Center for Leadership](#).

4 TALK ABOUT CONCERNS

- Talk to a friend, family member, faculty, mentor or other trusted individual.
- Engage with a peer, like a [PULSE Peer Health Educator](#) or a [Residential Advisor](#).

- Talk with a Therapist through “[Let's Talk](#)” drop in confidential consultations.
- Reach out to [academic advisors](#).
- Share your university concerns with the [ombuds](#) by calling 805-756-1380 or emailing [ombuds@calpoly.edu](#)

5 UTILIZE CAMPUS RESOURCES

- [Counseling & Psychological Services](#): Individual and group counseling and referrals to specialized services.
- [Health Services](#): Meet with a medical provider regarding health-related concerns.
- [Career Services](#): Meet with a career counselor to discuss academic or career concerns.
- [Disability Resource Center](#): Meet with an access specialist to discuss accommodation needs.

6 ACCEPT ASSISTANCE & SUPPORT

- [Crisis Counseling](#) – schedule a same-day appointment by calling 805-756-2511 or dropping in to Counseling & Psychological Services in Building 27.
- Dean of Students Office: [deanofstudents@calpoly.edu](#) .
- Dean's Office in your college.
- [Safer](#) - schedule an appointment with an advocate by visiting [safer.calpoly.edu/appointment](#)

7 SEEK IMMEDIATE HELP

- 24/7 Talk and Crisis Line: 805-756-2511.
- Crisis Text Line: Text HOME to 741741.
- [Crisis Stabilization Unit](#) (CSU) 805-788-2507.
- Suicide Prevention Lifeline: 988.
- Go to your nearest Emergency Room or call 911.