

HOLISTIC APPROACH TO MENTAL HEALTH



CAL POLY
Campus Health
& Wellbeing

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 wellbeing. The elements outlined below build upon each other so individuals can create a foundation for resilience, demonstrate self-awareness, and seek out 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 ~7–8 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 & 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 [SDAB](#) Centers
- Sign up for [Workshops](#) at Counseling 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](#)

5 UTILIZE CAMPUS RESOURCES

- [Counseling 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 major 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 Services in Building 27
- Dean of Students Office: deanofstudents@calpoly.edu
- Dean's Office in your College
- Talk to a [Safer](#) Advocate

7 SEEK IMMEDIATE HELP

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

AUTONOMY

INTERVENTION