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 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.

1. **Practice Self-Support**
   - Engage in journaling, meditation, and mindfulness
   - Include movement in your daily routine
   - Sleep uninterrupted for ~7–8 hours each night

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 ASI event

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

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**
   - Talk with a Therapist through Let’s Talk drop in confidential consultations
   - Reach out to Academic Advisors
   - Share your university concerns with the Ombuds

7. **Seek Immediate Help**
   - 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

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