

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.



CAL POLY
Campus Health
& Wellbeing

RESPONSIVE

1 PRACTICE SELF-SUPPORT

AUTONOMY

2 BUILD YOUR COMMUNITY

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

7 SEEK IMMEDIATE HELP

- 24/7 Talk and Crisis Line: 805-756-2511.
- Crisis Text Line: Text HOME to 741741.
- Mobile Crisis Team 800-783-0607.
- Suicide Prevention Lifeline: 988.
- Go to your nearest Emergency Room or call 911.

3 DEVELOP YOUR SKILLS

- 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 [ASI event](#).

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.

4 TALK ABOUT CONCERN

- 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](#).

- 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 Development and Belonging \(SDAB\)](#) Centers.
- Sign up for [workshops](#) at Counseling Services.
- Develop leadership and interpersonal skills through the [Center for Leadership](#).

- 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 Development and Belonging \(SDAB\)](#).
- Build your sober community through [Mustangs for Recovery](#).

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INTERVENTION

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6 ACCEPT ASSISTANCE & SUPPORT

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