TIPS FOR YOUR MENTAL HEALTH

Tips and resources to support your mental health outside of the counseling office

BUILD YOUR TOOLKIT
35% of Cal Maritime students report experiencing some symptoms of anxiety. Here are 5 things to try if you feel anxious.

GET SOCIAL
- Next time you’re taking a study break on Youtube, check out Therapy in a Nutshell
- Use social media to support your mental health with @drjulie

CONNECT ON CAMPUS
- Meet Cal Maritime’s new Disability Resource Advisor Dr. DeAna Vides
- Join the Peer Health Educators for Fluffy Therapy 9/28 at 5–6PM outside of Morrow Cove

ACCESS RESOURCES

For more information, visit www.csum.edu/CAPS