

A Practical Guide to Getting Help with Your Mental Health at UD: Resources for Anxiety, Depression, and other Mental Health Concerns

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Agenda

- Discuss normative stress versus “clinically significant” concerns
- Identify indicators of anxiety/depression
- Review procedures of how to reach CCSD for help and support

*Disclaimer: Please note that this presentation provides a general overview of mental health information. The information herein should not be used for diagnostic purposes.



Social and cultural context: Systems of oppression

- Racial trauma, anti-Blackness, anti-Asian discrimination
- Xenophobia
- LGBTQQIA+ (coming out, bias, discrimination)
- Socioeconomically disadvantaged (food or housing insecure)
- Students with disabilities or chronic illness (accommodations, etc.)
- Intersecting identities



Social and cultural context: Covid-19 and remote learning

- Difficulty making friends and establishing connections
- Academic adjustment - learning remotely, new workload, virtual assignments
- Scenery fatigue
- Less physical activity
- Low motivation and concentration
- Distractions associated with working from home
- Stress due to uncertainty: how long with this pandemic last? How will I be impacted? My loved ones?



Stress: We all have it!

Stress is “the degree to which you feel overwhelmed or unable to cope as a result of pressures that are unmanageable.”



Photo by [ESHOOTS.COM](https://www.eshoots.com) on Unsplash

What's the difference between "Normative" and "Clinical Significance"?

Not all stress is created the same

Normative: Predictable and expected events that are generally experienced across a life-time

- First date “jitters”
- Feeling nervous before a final exam
- Experiencing newfound independence

Clinical significance: Chronic, uncontrollable, unpredictable

- Experiencing any/multiple of the “ism’s” (racism, sexism, ableism, etc.)
- Unexpected death of a loved one
- Unrelenting standards of expected performance

Physical Symptoms of Too Much Stress

- **Headaches**
- **Back/neck strain**
- **Digestive concerns (stomach pains, nausea, bloating)**
- **Change of appetite**

- **Sleeping problems (too much/too little/interrupted sleep)**
- **Grinding teeth**
- **Heart palpitations**
- **Frequent colds or flu**

Cognitive Symptoms of Too Much Stress

- **Worry**
- **Negativity**
- **Indecision**
- **Low motivation**

- **"Foggy thinking"**
- **Impaired judgment**
- **Nightmares, stress dreams**
- **Forgetfulness**

Behavioral Symptoms of Too Much Stress

- **Over-eating/under-eating**
- **Procrastination**
- **Taking on too many responsibilities**
- **Overly critical of others**
- **Overly self-critical**

- **Isolating/avoiding people and places that once gave you pleasure**
- **Nail biting/hair pulling**
- **Refraining from asking for help**
- **Drinking/drug use**

Emotional Symptoms of Too Much Stress

- **Angry**
- **Depressed**
- **Numb**
- **Fearful**
- **Restless**

- **Hopeless**
- **Resentful**
- **Panicky**
- **Out-of-control**
- **Stuck**

Anxiety

- Excessive anxiety and worry that occurs more days than not
- Difficult to manage the worry
- Various symptoms (i.e., restlessness, sleep disturbance, difficulty concentrating, etc)
- Causes distress and/or impairment in various domains of life

Depression

- Excessive feelings of emptiness, hopelessness, loneliness/isolation, irritable mood for an extended time
- Physical and cognitive changes that significantly affect functioning
- Various symptoms (i.e., changes in sleep or eating, feelings helplessness or guilt, thoughts of death or self-injury)
- Causes distress and/or impairment in various domains of life



Suicide and when to seek help

- Suicide attempts happen when pain exceeds an individual's resources for coping with pain
- UD Helpline: 302-831-1001
- Crisis text line:
 - Text "UDTEXT" to 741741
 - Students of Color can text "STEVE" to 741741

Feeling anxious, depressed or overwhelmed?
UD Helpline is here for you.
302-831-1001



Being a Blue Hen means having access to assistance. Reach a counselor any time of day or night at the phone number above, or visit www.udel.edu/counseling to learn about the many

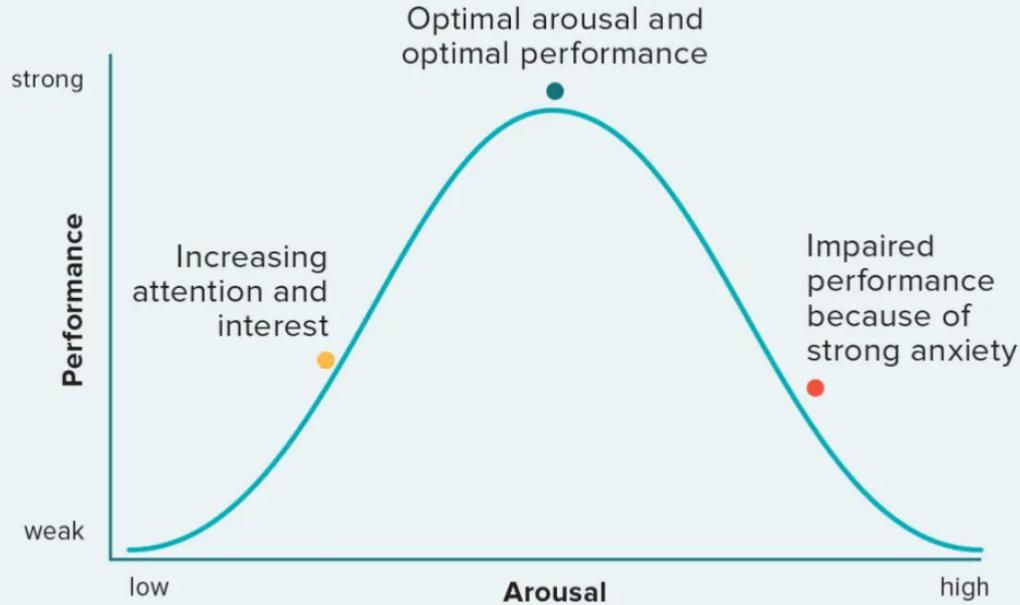
NATIONAL

SUICIDE
PREVENTION
LIFELINE[™]

1-800-273-TALK (8255)

suicidepreventionlifeline.org

YERKES-DODSON LAW BELL CURVE



healthline

Factors that affect the level of performance under pressure:

- Skill level
- Personality
- Confidence
- Task complexity

Coping with Stress

- Make balance a priority
 - Time management
- Identify and lean on support systems, resist isolation
- Change up your study space
- Nutrition, exercise, sleep
 - Eat regular, balanced meals to boost your energy and immune system.
 - Get enough regular sleep (7-9 hours) to keep your mind at top capacity.
 - Practice good sleep hygiene: regular bedtime, quiet, dark, limit use of electronics, no caffeine within 2 hours of bedtime.
- Limit substance use
- Take a break from the news
- Recognize when you need more help



Connecting with CCSD

- Monday-Friday, 8am-5pm
- All of our services are being provided remotely
 - Zoom and phone appointments available
- 302-831-2141
- <https://sites.udel.edu/counseling/>

We can offer students:

- Confidentiality
- Immediate help in a crisis
- A psychoeducational workshop or class
- Individual counseling
- Couples counseling
- Group counseling
- Consultation with psychiatrists
- Assistance in connecting with on- or off-campus resources



Connecting with CCSD

What can I expect on a phone call with CCSD?

- Speak with our administrative team
- Schedule a triage appointment
 - 5-7 minutes
 - Student ID, DOB, email, phone number
 - Zoom or phone call
- Individual, group, or couples counseling
 - [Reserve a room](#) for therapy in Perkins and Trabant
- Off-campus referral

What if I don't connect with my therapist?

- Some clients and therapists don't connect - that's ok!
- Reflect on where the disconnect comes from
 - Talk about this with your therapist!
- Options for transferring or off-campus referral
- [Community Provider Database](#)



Groups at CCSD

- Self-Compassion in Action
- Queer&
- Students of Color Drop-in hours
- Men's Group
- Body Image Appreciation Group
- Living with Loss
- Building Better Relationships
- You've Got This!
- Reconnecting with Your Roots

CENTER FOR COUNSELING AND STUDENT DEVELOPMENT

RECONNECTING TO YOUR ROOTS

A Nature-Based Wellness Group



Feeling cooped up and overwhelmed? Getting outside can reduce stress and increase mental wellbeing. Join our group to learn how to regularly reconnect with nature to support your mental health!

SELF-COMPASSION IN ACTION



4-WEEK WORKSHOP
WEDNESDAYS 1:30-2:30
MARCH 24 - APRIL 14
LIVE VIA ZOOM



Center for Counseling & Student Development

YOU'VE GOT THIS! ONLINE



Join our 4 week You've Got This! Online zoom sessions. Learn how to better manage difficult emotions, tame overthinking, how to cope better with stress, and handle difficult conversations, all while receiving support from our facilitators and peers. You will be able to get your questions answered and learn how to apply these skills to your every day life!

Spring 2021 Schedule

Mondays 3:00 pm - 4:30 pm
Julie Garson, PsyD & Ogechi Nwordu, Ed.S

To join call us at 302-831-2141 to set up an appointment to talk with a counselor.

Center for Counseling



LIVING WITH LOSS GROUP

Healing after a loss isn't short and straight forward. It is a winding path of learning how to live meaningfully, and slowly letting go of the feelings of loss while holding onto the love. Join others on this journey in this space of support and healing.

SPRING 2021

Thursdays from 2:00 pm - 3:30 pm

FACILITATED BY

Dr. Mary Anne Lacour & Sandra DiBitetto



TO JOIN COME FOR A FREE GROUP MEETING

Other helpful resources

Crisis Text Line

- Text “UDTEXT” to 741741
- For crisis support specifically for students of Color: Text “STEVE” to 741741

[Crisis Text Line and UD Helpline](#)
are available 24 hours a day, 365
days a year

Feeling anxious, depressed or overwhelmed?
UD Helpline is here for you.

302-831-1001



Being a Blue Hen means having access to assistance. Reach a counselor any time of day or night at the phone number above, or visit www.udel.edu/counseling to learn about the many services that we offer.

The Division of Student Life is here to help you thrive in your #LifeAtUD.



Division of Student Life

Counseling, Career, and Disability Services

Other Campus Resources:

- Office of the Dean of Students
- Student Health Services
- Wellness & Health Promotion
- Office of Academic Enrichment
- Center for Black Culture
- Student Diversity & Inclusion
- Residence Life & Housing
- Student Organizations
- And more...



Questions? Comments?

