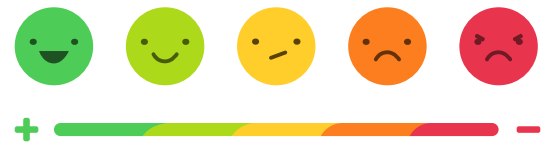
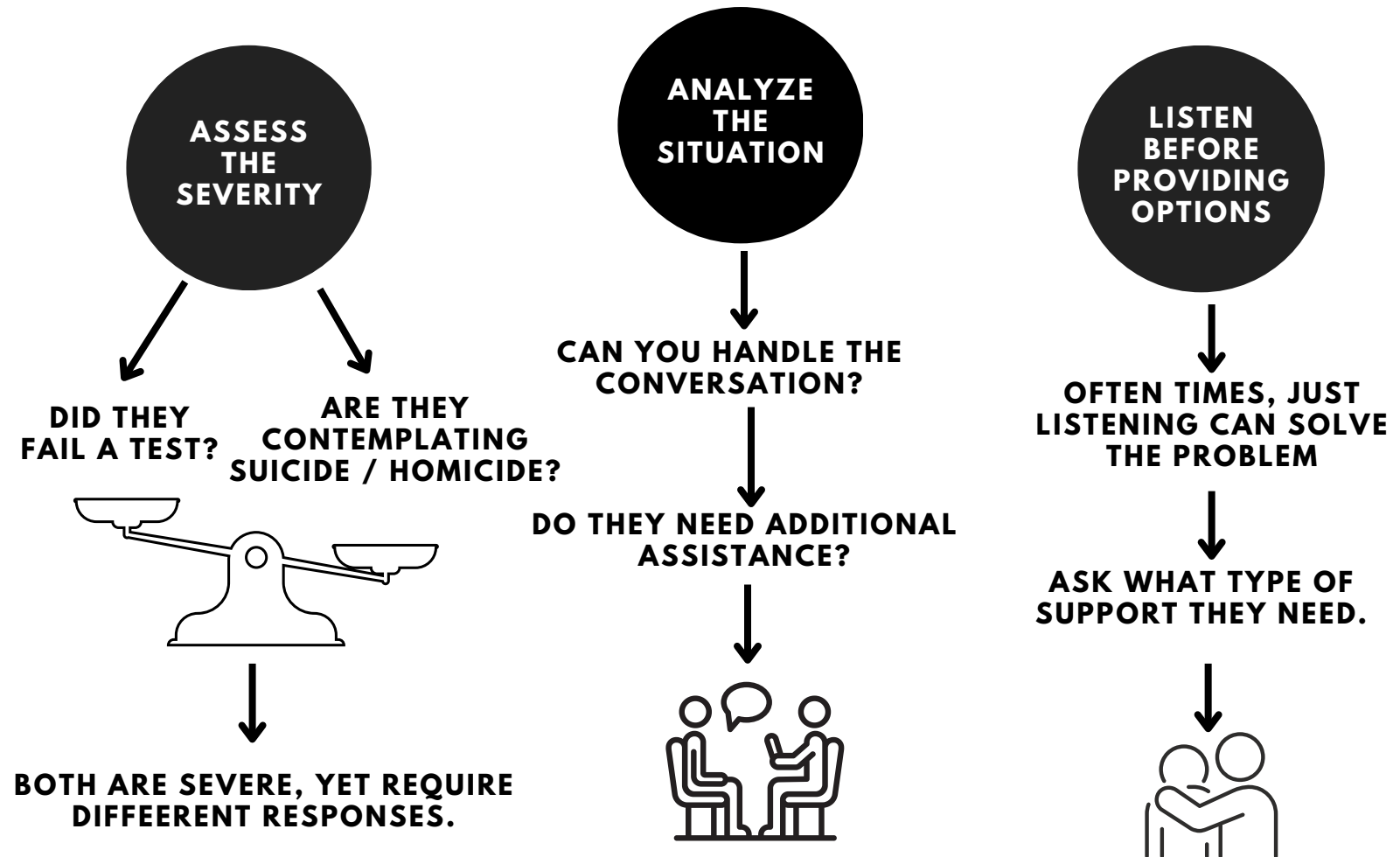


WAYS TO APPROACH

MENTAL HEALTH CONVERSATIONS



THINGS TO CONSIDER WHEN APPROACHED WITH TOUGH MENTAL HEALTH CONVERSATIONS



WHAT ARE SOME NEXT STEPS?



GIVE THEM VERBAL AFFIRMATION

CREATE A GRATITUDE JOURNAL

HAVE YOUR NAVIGATOR HELP THEM ENGAGE IN SOCIAL EVENTS



CREATE RECURRING APPOINTMENTS IN THE CENTER

CREATE A WEEKLY TIME MANAGEMENT SCHEDULE

MAKE CONNECTIONS WITH THEM/INTRODUCE THEM TO SOMEONE IN THE OFFICE



DOWNLOAD THE MY SSP APP

TAKE THEM TO THE COUNSELING CENTER

CALL AND SCHEDULE AN APPOINTMENT WITH THE PSYCHIATRIC NURSE

Everday Anxiety (Stress)	Anxiety Disorder
In response to a known environmental factor	In response to an unknown source or in response to the experience of stress
Symptoms go away when the stressor goes away	Symptoms remain despite no identifiable stressor
Worry about living away from home for the first time, passing a class, a romantic breakup, or other important life events	Constant and unsubstantiated worry that causes significant distress and interferes with your daily life.
Embarrassment or self-consciousness in an uncomfortable or awkward social situation; feeling nervous about meeting new people	Avoidance of social situations due to fear of being judged, embarrassed, or humiliated
Feeling nervous or sweating before a big test. class presentation, stage performance, or other significant event.	Panic attacks that seem out of the blue and preoccupation with the fear of having another one
Realistic fear of dangerous object, place, or situation	Irrational fear or avoidance of an object, place, or situation that poses little or no threat of danger
Making sure that you are healthy and living in a safe environment	Performing uncontrollable repetitive actions, such as excessive cleaning, checking, touching, or arranging

Contacts/Resources

COUNSELING CENTER

counseling.msstate.edu
662.325.2091 (24/7)

LONGEST STUDENT HEALTH CENTER

healthcenter.msstate.edu
662.325.2431

OFFICE OF SURVIVOR SUPPORT

survivorsupport.msstate.edu
662.325.5795

DEAN OF STUDENTS

students.msstate.edu
662.325.3611

CRISIS TEXT LINE

Free, 24/7, mental health support
Text HOME to 741741

NATIONAL SUICIDE HOTLINE

Text or Call 988

TREVOR PROJECT

Provides support to LGBTQ young people.
Text START to 678-678 or call 1.866.488.7386

UNIVERSITY POLICE DEPARTMENT

police.msstate.edu
662.325.2121

