

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



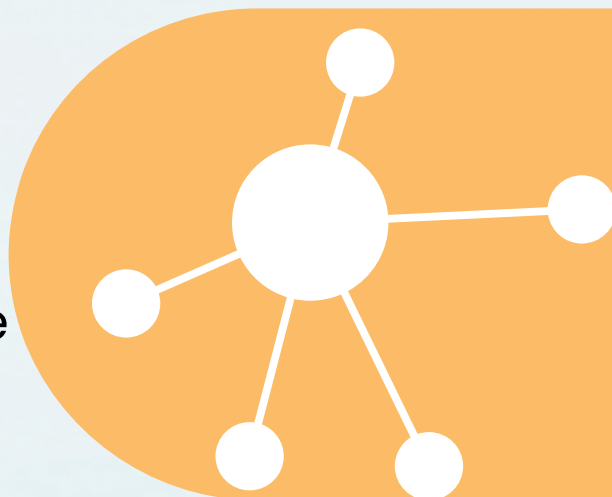
GET SOCIAL



- 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

