
your

MENTAL HEALTH
TOOLBOX

*The basics to help navigating your
mental health as a college student
@ CSU ☺*

CONTENTS:

- Resources (Colorado, CSU, National)
 - Applied Mental Health & Therapy Tips for Students
 - General Mental Health tips & Reminders
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As somebody who did not start their mental health journey till college, I hope this "toolbox" can help you, whether it be to take your 1st steps or help someone in a crisis situation. You got this!!

Colorado Crisis Services:

CALL 844-493-8255

OR

TEXT "TALK" TO 38255

365/24/7 • English & Spanish • ☺

Reasons People Call:

- Stress & Anxiety
- Trauma
- Depression & Suicidal Thoughts
- Substance Use
- Concerns for Family/Friends
- Financial Pressures
- Isolation & Loneliness

COLORADO & NoCo RESOURCES

Summit Stone Health Partners:

(970) 494-4200 ext. 4

↳ Local Larimer County
Crisis Line

Behavioral Health Urgent Care
& Crisis Stabilization Unit



2260 W. Trilby Road,
Fort Collins CO 80526

STUDENT RESOURCES @ CSU

You@CSU

Personalized digital tool of campus resources, tips, & tools to increase student success!

<https://you.colostate.edu> ←

Student Disability Center:

(970) 491-6385

M-F: 7:45 - 4:45 p.m.

- Accommodations & Academic Support

CSU Health Network:

- MENTAL SERVICES (3rd Floor)

(970) 491-6053

M-F: 9-3:30 p.m.

↳ Drop-in Hours

Resources: multicultural counseling, skill-building workshops, 24/7 online tools (SilverCloud), group & individual therapy, etc.

- PHARMACY (1st Floor)

(970) 491-1402

M-F: 8-5:30 p.m.

- HEALTH EDUCATION & PREVENTION SERVICES

(970) 491-1702

M-F: 8-5:00 p.m.

Student Case Management:

(970) 491-8051

M-F: 9-5:00 p.m.

- Crisis Prevention & Intervention Services

NATIONAL
RESOURCES

SUICIDE & CRISIS
LIFELINE:

TEXT
OR
CALL **988**
365/24/7 SUPPORT.....

TRANS LIFELINE:

(+1) 877-330-6366

↳ based in Canada

(+1) 877-565-8860

↳ based in the U.S.

CRISIS TEXT LINE:

TEXT "HOME"
TO **741741**

to connect with a
crisis counselor!

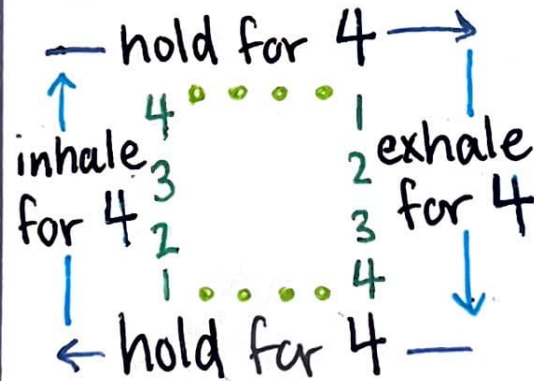
Mental Health Crisis:

- Call CSU's 24/7 Hotline (970) 491-7121
- Call 988 for immediate crisis support & advice
- If unsafe, call 911 or visit nearest emergency room OR Summit Stone Urgent Care & Stabilization Unit
- Breathe ♡

High-Stress/Panic Attack:

- 5-4-3-2-1 Grounding:
Name 5 things you see,
4 things you can touch,
3 things you hear,
2 things you smell,
1 thing you taste

Box Breathing:



Overwhelmed by School:

- Explore CSU's Academic Supports - TILT, free individual tutoring, CSU Writing Center
- Attend skill-building workshop @ CSU Health Center - "Mindfully Managing Stress" AND "Improving Sleep & Your Well being"
- Reach out to professors, advisors, & Student Case Management for extensions, accommodations, & additional supports

What to do in these Common Mental Health Scenarios as a College Student ????

Dialectical Behavior Therapy

therapy skills to manage intense emotions, reduce harmful behaviors, & improve relationships

Distress Tolerance:

During moments of high stress, use a distraction technique -

- put your face in ice water
- listen to music
- do a creative activity

DBT for Pressing College Student Issues

Interpersonal Effectiveness:

These skills are useful for navigating relationships, maintaining self-respect, and building healthy connections.
ex: practice assertive communication by using "I" to express boundaries.

Emotion Regulation:

Keep an "emotions journal" to track triggers & patterns in your mood!

① Mindfulness Tip:

Practice being present thru meditation & breathing

② Movement Tip:

Engage in physical activity like yoga @ the CSU Rec Center or hiking Horsetooth

③ Meaningful Engagement Tip:

Connect with people & activities that you value

④ Mastery Tip:

Start a hobby to boost personal goals & a sense of accomplishment

THE 4M MODEL:

The 4 "M"'s create a holistic approach to mental health management.

① MINDFULNESS

② MOVEMENT

③ MEANINGFUL
ENGAGEMENT

④ MASTERY

COMMON THERAPY TECHNIQUES FOR Everyday LIFE SITUATIONS

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How can I DESTRESS?

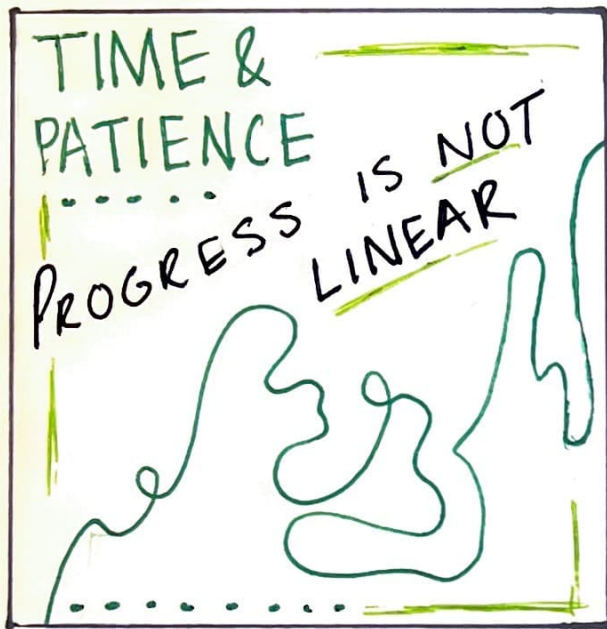
Try progressive muscle relaxation by tensing each muscle group for 5 seconds & then releasing!

It's hard to BREATHE when I get anxious...

Practice Diaphragm Breathing by placing 1 hand on your chest & the other on your stomach, inhaling so only your stomach rises.

I feel DISORGANIZED...

Try something new!
Use planners, digital calendars or apps for schedule management & setting realistic goals!



It's okay to
prioritize your
WELL-BEING
over school &
social obligations.
You have needs!

SMALL Actions Can
Have a **BIG**
Difference!
.....
Drink some
water, get
fresh air, go
to sleep early!

Mental Health Reminders

You're Not ALONE! REACHING OUT
IS A SIGN OF STRENGTH, NOT WEAKNESS