

SCS RESOURCES TO CONSIDER

BIOFEEDBACK

Walk into SCS during business hours to complete a video orientation. Biofeedback is then available to use anytime during business hours after completing the initial orientation.

LET'S TALK

Informal walk-in consultation. Location, days and time can be found online: CycloneHealth.org/letstalk

THERAPY ASSISTANCE ONLINE (TAO)

A free, confidential self-help tool to help navigate mental wellbeing. Brief, interactive sessions to help gain self-awareness to achieve goals. Visit us at: CycloneHealth.org/tao

CRISIS RESOURCES

SCS CRISIS SERVICES

Call or walk-in during SCS business hours.
515-294-5056
3rd Floor, Student Services Building

CRISIS TEXT LINE

Text ISU to 741741

SUICIDE AND CRISIS LIFELINE

Call or text 988 or chat 988lifeline.org

MARY GREELY MEDICAL CENTER (HOSPITAL)

1111 Duff Avenue, Ames
515-239-2011

ISU POLICE DEPARTMENT

515-294-4428

GENERAL CAMPUS RESOURCES

Connect with campus resources to help you navigate or address different challenges or stressors.

ACADEMIC SUCCESS CENTER

1060 Hixson Lied Student Success Center
515-294-6624
success@iastate.edu

STUDENT ASSISTANCE

1010 Student Services Building
515-294-1020
studentassistance@iastate.edu

THIELEN STUDENT HEALTH CENTER

2647 Union Drive
515-294-5801
studenthealth@iastate.edu



You may consider trying some of these tips and strategies to promote personal, holistic wellness.

PHYSICAL WELLNESS

- Try to get between 6-8 hours of sleep every night. To aid in this, try not to engage with electronics 30 minutes before sleeping and avoid mood altering substances
- Move your body in a way that feels good for you. Physical exercise and movement can have a positive impact on mood
- Fuel your body with food that is enjoyable and try to eat 3 meals a day

EMOTIONAL WELLNESS

- Write in a journal to express emotions, or find other creative emotional outlets
- Give yourself permission to cry, feel angry, or express other challenging emotions in safe ways
- Challenge negative thoughts and negative self-talk with positive encouragement

ACADEMIC/OCCUPATIONAL WELLNESS

- Set realistic study or work goals
- Create intentional time to work in a calm setting
- Take breaks between long tasks
- Break larger tasks into smaller, more manageable portions

SOCIAL WELLNESS

- Get together with those close to you to engage in a stress relieving activity like watching a movie or playing an intramural sport
- Reach out to someone who you may not have spoken to in a while, or express gratitude to an important person in your life

APPS

There are several apps you can add to your phone to support your mental health. A brief list of options include:

- Calm
- Headspace
- InsightTimer
- MoodTools
- Paced Breathing
- Calm Harm
- Happify
- Mindfulness Coach
- Moodfit