

THE CAN CHRONICLE

DON'T BE IN A RUSH TO FLUSH...HERE'S SOME NEWS YOU CAN USE

April 2016 - Issue One

Co-Editors Shannan Breault and Cheryl Perog



Peer Educator Corner

There's nothing selfish about self-care.

Sabrina Colletti, Jessica Guarneros, & Aneury Rojas

What do you love? You might list things such as books, movies, family, and friends. But how many things will you list before you say yourself? Self-care should be your top priority, but most people make it their last. Today, people are constantly on the move and forget to step back and take time for themselves. When you make time for yourself you will see positive outcomes. Self-care involves taking care of yourself mentally and physically.

Mentally

- Practice meditation
- Write in a journal
- Listen to music
- Short breaks while studying
- Find a hobby
- Talk to a friend

Physically

- Brisk walking
- Going to the gym
- Yoga
- Having good hygiene
- Clean eating
- Staying hydrated

Mental Health Screenings – Substance Use

Each year nearly 30,000 people die from misuse and abuse of opioid painkillers and heroin in the United States. Help us spread the word about this deadly epidemic. The Wellness Center is proud to offer anonymous online screenings for substance use. Visit the Wellness Center page or use the link to take a screening: <http://screening.mentalhealthscreening.org/cobleskill>. Visit the Wellness Center to talk to a provider if you have concerns.

Free STI Testing

Sponsored by the Beard Wellness Center

The Wellness Center is offering **FREE** Gonorrhea, Chlamydia and HIV testing for the month of April! Call 518-255-5225 or log into your patient portal to make an appointment.



Sex in the Dark



You'll get answers to your deepest, darkest questions in this lights-off event — and find out what everyone else has been wondering about, too. You stay anonymous while experts answer all your questions about sex, hookups, relationships, & more. No question too simple — or too outrageous. This is going to be interesting! Free glow bracelets and necklaces for all! Free glow in the dark t-shirts to the first 40 people.

RESCHEDULED!!! April 20th, 8 pm at the Brew House.

STI Overview

Tricia Schafroth, Planned Parenthood - Cobleskill

Sexually transmitted diseases or infections (STI's) are caused by contact with an infected partner during sex. There are many different kinds of sexually transmitted diseases and infections, and STI's are very common - so common that 1 in 2 sexually active people (that's half!) will get an STI by age 25.

These infections often do not cause symptoms, so many people do not know that they or their partner are infected. The only way to know if you have an STI is to get tested, which in many cases is as easy as peeing in a cup. Unless you know you've been tested, don't assume you have been. Be sure to ask your doctor about which STI's you should be tested for.

Almost all STI's, including HIV, are treatable and many are curable. The sooner you know your status, the better you can avoid serious health problems and begin treatment. Open and honest communication with your doctor and your partner is essential to staying healthy and preventing the spread of STI's.

If you have sex, be sure to use a condom correctly each time (both male and female condoms are available). Condoms offer the best protection against STI's and practicing safer sex greatly reduces your health risks. For example, when it comes to HIV, using a condom makes sex 10,000 times safer than not using a condom.

STI testing is available at the SUNY Cobleskill Beard Wellness Center. Call (518)255-5225 or log into your patient portal to make an appointment.

Testing can also be obtained at Cobleskill Planned Parenthood. You can make an appointment by calling (518)234-3325.

\$\$Looking for a paid on-campus position?

Want a chance to make a difference? Apply to become a SUNY Cobleskill Peer Educator ASAP Application must be submitted by **April 28, 2016**
Applications are available on the Wellness Center website
<http://www.cobleskill.edu/campus-life/wellness-center/PeerEdApp.pdf>
or email PeerEducators@cobleskill.edu for more information.

The Wellness Center

Schedule on-line at: <http://patient-cobleskill.medicatconnect.com> OR Call for an appointment

Phone 518-255-5225 Fax 518-255-5819

Monday – Friday 8:00a.m. – 4:15p.m.

For after hour emergencies call University Police at 518-255-5555

UPD Anonymous Tip Line <https://secure2.cobleskill.edu/tipline>.

National Suicide Prevention Crisis Hotline 1-800-273-8255

Mobile Crisis Assessment Team (MCAT) – 1-877-269-6699 or 1-844-732-6228 (24 hours a day/7 Days a week)