

THE CAN CHRONICLE

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

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Peer Educator Corner

Welcome to the Peer Educator Corner! The Peer Educators are a group of SUNY Cobleskill students who work with the Wellness Center to promote health education events. We also host health education programs ourselves in residence halls. If you would like to find out more information about our programs, visit the Wellness Center website or you can email us at PeerEducators@cobleskill.edu

Like our Facebook Page @ facebook.com/peereducatorcobleskill/

Diet Pills and Eating Disorders in College

College students are considered at high-risk for the development of eating disorders. Up to 25 % of all college students struggle with an eating disorder, according to a report by the National Institute of Mental Health.

Many college students turn to diet pill abuse to help them lose weight. This can cause severe health problems up to and including death.

Some adverse side effects of diet pill abuse include:

- Headaches
- Dizziness
- Fatigue
- Blurred vision
- Chest pain
- High blood pressure
- Heart palpitations
- Vomiting
- Shallow breathing
- Hallucinations
- Convulsions/seizures

If you or someone you know may be struggling with an eating disorder, come to the Wellness Center. We can help you find the help you need.

<https://www.addictioncenter.com/college/>

Online Mental Health Screenings

One in four young adults between the ages of 18 and 24 have a diagnosable mental illness. Find out if your symptoms warrant an appointment with a mental health professional by taking an anonymous self-assessment at: <http://screening.mentalhealthscreening.org/cobleskill>



The Hungry Heart – Documentary and Panel Discussion

The Hungry Heart provides an intimate look at the often hidden world of prescription drug addiction through the perspective of Vermont Pediatrician Fred Holmes who works with patients struggling with this disease. As the film progresses we begin to see the simple but profound connection that Dr. Holmes creates with each patient. The film shines a light on the healing power of conversation and the need for connection that many of these young addicts yearn for but do not have in their lives.

Wednesday, March 2
6 pm
Upper Champlin
Light dinner provided

American College Health Needs Assessment



The Wellness Center is participating in a national needs assessment program and we are encouraging SUNY Cobleskill students to complete the survey about their health habits. Every student will receive an email from NCHA-Web@acha.org starting February 15th. The survey is confidential and should take no more than 30 minutes to complete. The results will be used to help us determine the types of programming events students want to see here at SUNY Cobleskill. As an incentive for participation, the Wellness Center will be offering Walmart gift cards to randomly selected participants. You've got to be in it to win it!



Erasing the Stigma



Jackie Ricciardi has been an active mental health and anti-bullying advocate since her early teenage years. She struggled with depression, anxiety and chronic self-injury from the time she was six years old. She had a terrible fear of revealing these issues to her friends and family because of the stigma surrounding mental health disorders and her seemingly perfect external life.

Becoming a speaker for Minding Your Mind has given her the opportunity to share her experiences with people who might be feeling as isolated as she did before she received the proper treatment. She speaks for those who may be unaware of the importance of mental health. Her passion demonstrates that recovery may not be simple but it can be unbelievably powerful when it is experienced. Please join us for the evening!

Erasing the Stigma
Wednesday, March 16
7 pm
Upper Champlin

Healthy ways to relax and recharge

- Go for a walk.
- Spend time in nature.
- Call a good friend.
- Write in your journal.
- Take a long shower or bath.
- Watch a comedy.
- Savor a warm cup of coffee or tea.
- Play with a pet.
- Get a massage.
- Curl up with a good book.
- Listen to music.

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)