



My Plan for Mental Health and Wellness

Symptoms	Stressors	Management Strategies	Planning for Treatment & Support
<p>First Signs of a Problem:</p> <p>I begin sleeping less and become very irritable.</p>	<p>Meeting Academic Demands</p>	<ul style="list-style-type: none"> Complete an academic planning sheet to help stay organized Visit Office of Services for Students with Disabilities to see if I am eligible for academic accommodations Go to office hours to review material that isn't clear to me Schedule fun study breaks 	<p>Where can I get treatment?</p> <p>Provider Name: Jane Doe Place: University Health Services Phone: (734) ###-####</p>
<p>Ways my thoughts change:</p> <p>I begin having very negative thoughts about myself and become very pessimistic.</p>	<p>Forming New Social Relationships</p>	<ul style="list-style-type: none"> Attend orientation and social gatherings first week at school Invite people from my hall over for dessert & a movie Got to at least one information meeting for a U-M club or organization 	<p>Where can I get prescriptions filled?</p> <p>Place: Student Health Services Address: 207 Fletcher Street, Ann Arbor, MI 48109 Phone: (734) ###-####</p>
<p>Ways my feelings change:</p> <p>I begin feeling apathetic and sad.</p>	<p>Living Independently</p>	<ul style="list-style-type: none"> Make a schedule with my roommate for household chores Set aside money at the beginning of each month for groceries Set a specific evening for doing laundry 	<p>The support services I can use:</p> <ul style="list-style-type: none"> Services for Students with Disabilities Counseling & Psychological Services (CAPS) Academic advising
<p>Ways my behaviors change:</p> <p>I start talking less and spend more time by myself. Sometimes I have trouble sleeping and I usually eat less.</p>	<p>Staying Physically & Emotionally Healthy</p>	<ul style="list-style-type: none"> Join an exercise class that meets 3x per week 2x per week cook a healthy dinner with friends Schedule at least 1 hour each day to relax (read a fun book, watch TV, 	<p>What I will do in an emergency?</p> <p>Medical Emergency: Call 9-1-1 Psychiatric Emergency: Call Psychiatric Emergency Services (734) 963-5900</p>

	<ul style="list-style-type: none"> hang out with friends) • Monthly visits to my psychiatrist for check-ins 	
<p>Changes others Noticed in My Behavior:</p> <p>My friends notice that I call them less and stay home more. My parents notice that I seem sad.</p>	<p>Finding Housing</p> <ul style="list-style-type: none"> • Visit the U-M Housing website to review options • Visit campus during orientation and see housing options 	<p>Who will I tell if I begin having mental health problems?</p> <ul style="list-style-type: none"> • My mental health care provider (psychiatrist, psychologist, social worker, etc.) • Services for Students with Disabilities to help with getting academic accommodations • My parents • My best friend on campus (Jen)
<p>Other Characteristics of my Symptoms:</p> <p>Sometimes I get muscle aches. I get annoyed with other people much more than normal.</p>	<p>Missing Friends from Home</p> <ul style="list-style-type: none"> • Call best friend from home 2x per week before bed & tell her about 3 things that are going well at school • Chat on Facebook for 20 minutes every day & post pictures • Send friend a car basket during finals 	<p>What has been helpful in the past when I've had mental health problems?</p> <ul style="list-style-type: none"> • Calling friends and family for support • Scheduling an appointment with my care provider • Using stress management strategies (deep breathing) • Taking some time off work to de-stress



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Ways my thoughts change:	Forming New Social Relationships		Where can I get prescriptions filled? Place: Address: Phone:
Ways my feelings change:	Living Independently		The support services I can use:
Ways my behaviors change:	Staying Physically & Emotionally Healthy		What I will do in an emergency? Medical Emergency: Call 9-1-1 Psychiatric Emergency: Call Psychiatric Emergency Services (734) 963-5900

Changes others Noticed in My Behavior:	Finding Housing	Who will I tell if I begin having mental health problems?
Other Characteristics of my Symptoms:	Missing Friends from Home	What has been helpful in the past when I've had mental health problems?
