

My Plan for Mental Health and Wellness

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Symptoms	Stressors	Management Strategies	Planning for Treatment & Support
First Signs of a Problem: I begin sleeping less and become very irritable.	Meeting Academic Demands	<ul style="list-style-type: none"> Complete an academic planning sheet to help stay organized Visit Center 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 	Where I can get treatment? Provider Name: Jane Doe Place: University Health Services Phone: (734) ###-####
Ways my thoughts change: I begin having very negative thoughts about my self and become very pessimistic.	Forming New Social Relationships	<ul style="list-style-type: none"> Attend orientation and social gathering first week at school Invite people from my hall over for dessert & a movie Go to at least one information meeting for a U-M club or organization 	Where I can get prescriptions filled? Place: Student Health Services Address: 207 Fletcher Street, Ann Arbor, MI 48109-1050 Phone: (734) ###-####
Ways my feelings change: I begin feeling apathetic and sad.	Living Independently	<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 	The support services I can use: <ul style="list-style-type: none"> Services for Students with Disabilities Counseling & Psychological Services (CAPS) Academic advising
Ways my behaviors change: I start talking less and spend more time by myself. Sometimes I have trouble sleeping and I usually eat less.	Staying Physically & Emotionally Healthy	<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, hang out with 	What I will do in an emergency? Medical Emergency: Call 9-1-1 Psychiatric Emergency: Call Psychiatric Emergency Services (734) 936-5900

		<p>friends)</p> <ul style="list-style-type: none"> 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>Others 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 care 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 of work to de-stress 	

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Ways my thoughts change:	Forming New Social Relationships		<p>Where I can get prescriptions filled?</p> <p>Place:</p> <p>Address:</p> <p>Phone:</p>
Ways my feelings change:	Living Independently		The support services I can use:
Ways my behaviors change:	Staying Physically & Emotionally Healthy		<p>What I will do in an emergency?</p> <p>Medical Emergency: Call 9-1-1</p> <p>Psychiatric Emergency: Call Psychiatric Emergency Services (734) 936-5900</p>

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