

My Mental Health

Do I need help?
Should I seek services?

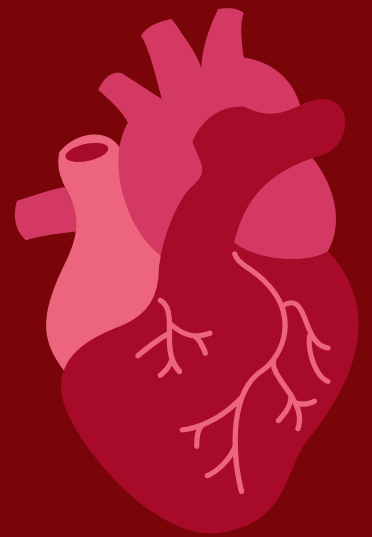
possible symptoms

can include but are not limited to:

- Feeling down, but
 - still able to keep up with your school work, job, housework, and other responsibilities
 - still able to take care of yourself and others
- some trouble sleeping
- some difficulty coping with emotions



- Difficulty sleeping
- appetite changes
- weight changes
- struggling to get out of bed in the morning due to your mood
- difficulty concentrating
- loss of interest in things you used to enjoy
- unable to carry out daily functions and responsibilities



Have these symptoms lasted
more than two weeks?

If you are experiencing any
symptoms for more than two weeks
you may benefit from services

THERE'S
NO SHAME IN
REACHING OUT



Please call the office for information or to
set up an appointment.

Phone: (956)326-2230
Room: Student Center 128

Business Hours:
Monday - Thursday: 8:00 am - 5:00 pm
Friday: 8:00 am - 3:00pm

If you are in immediate crisis and one of the following
applies to you:

You feel you are in immediate danger of harming yourself
You feel you are in immediate danger of harming someone else

Call 911 or the Counseling Center at 956.326.2230 and
press 3 to speak with a crisis counselor now.