**Depression & Anxiety**

**What MSU students say and do...**

- Of MSU students said that they felt so depressed that it was difficult to function at least once during the school year*.
- Of MSU students reported feeling very sad or very lonely (54%) at least once in the past year*.

**WHY it matters...**

- According to national surveys, anxiety and depression are two of the top six health concerns among college students (ACHA).

**What you can do...**

- Try to be aware of any prolonged feelings of depression that you or others around you may be experiencing - i.e., feeling sad, hopeless, helpless, guilty, worthless, or a loss of interest in social activities.
- If you are concerned about possible depression or anxiety, visit the MSU Counseling Center website to complete an online assessment and/or review self-help resources at counseling.msu.edu.
- If you or your friend experience depression, contact the MSU Counseling Center at 517-355-8270. Office hours are 8am-7pm on Monday & Tuesday and 8am-5pm Wednesday – Friday (arrive at least one hour prior to closing for walk-in consultations).

**Suicide Prevention**

**What MSU students say and do...**

- Said that they had seriously considered attempting suicide during the school year.*

**WHY it matters...**

- Know that you do not have to drink in order to have the “real college experience”. In fact, 25% of MSU students either don’t drink or do so very infrequently.

**What you can do...**

- Be a friend and make the call. If you think a friend may have alcohol poisoning – call 911, turn them on their side to keep them from choking, and stay with them until help arrives.
- If you choose to consume alcohol, reduce your risk of unwanted consequences by consuming less alcohol over a longer period of time, eating food before and/or while drinking, staying with friends you know and trust, and making sure you have a safe plan for getting home.
- If you have a concern about your own or someone else’s alcohol or drug use, contact MSU Student Health Services’ Health Education office at 517-353-3903 or the MSU Counseling Center at 517-355-8270.

**Alcohol & Drugs**

**What MSU students say and do...**

- Of MSU students consume 0-4 drinks when they party*
- Of MSU students reported smoking marijuana in the previous month, while estimating that 35% of their peers had*
- Of MSU students that party report (always or mostly) using a designated driver*
- Of MSU students reported feeling overwhelmed at least once in the past year*

**WHY it matters...**

- Besides affecting academics, stress is a major factor contributing to sleep difficulties (reported by 22% of MSU students last year).
- Stress can lead to depression, anxiety, fatigue, and a weakened immune system making one more susceptible to colds and flu - the #1 reason MSU students gave for missing class.

**What you can do...**

- To avoid being overwhelmed, plan ahead. Use a planner to schedule deadlines and appointments. Try not to fall behind on assignments and tasks.
- Schedule regular activities to help manage stress: exercise, spending time with friends, massage, meditation – whatever works for you. Don’t wait until you are stressed out! Do the things you need to do to help you remain in sync.
- Seek help if you are feeling overwhelmed. The MSU Counseling Center is an option. Visit their website for additional services in stress management at counseling.msu.edu.

**Stress Reduction**

**What MSU students say and do...**

- Of MSU students report that stress seriously affected their academic performance*. 

**WHY it matters...**

- College students who have difficulty connecting to others or finding support can become withdrawn, which may lead to depression. Untreated depression may lead to suicide - the second leading cause of death among college students.
- Try to be aware of any obvious warning signs of suicide such as suicidal threats, gestures, self-destructive behavior or making statements such as “I want to be dead.” “I can’t go on anymore,” “Everyone would be better off without me,” etc.
- If you have real concerns about a friend: provide support, listen to them, take them seriously and encourage them to seek help from a professional.
- For help, call 1-800-SUICIDE (734-2433), or use The Listening Ear 24 hour Crisis Hotline (517-337-1717). You can find them on the web at theear.org.

**Suicide Prevention**

**What MSU students say and do...**

- Of undergraduates experienced anxiety in the last year. Of those, 18% reported some type of negative impact on their academics*.
- Of MSU students said that they felt so depressed that it was difficult to function at least once during the school year*.

**WHY it matters...**

- Of undergraduates experienced anxiety in the last year. Of those, 18% reported some type of negative impact on their academics*.
- Of MSU students reported feeling very sad or very lonely (54%) at least once in the past year*.

**What you can do...**

- Try to be aware of any prolonged feelings of depression that you or others around you may be experiencing - i.e., feeling sad, hopeless, helpless, guilty, worthless, or a loss of interest in social activities.
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What MSU STUDENTS say and do...

Tobacco Use

83% of MSU students choose not to smoke*
11% of MSU students smoke daily*
4% of MSU students choose not to smoke*

WHY it matters...

• Smoking, even ‘socially’, can undermine your immune system and make you more susceptible to colds and the flu.
• Not everyone who starts out as a social smoker will become addicted to tobacco, but almost everyone who becomes addicted will have started as a social smoker.

What YOU can do...

• Join the 83% of your fellow students who choose not to smoke.
• If you do choose to smoke, respect those around you who do not wish to breathe secondhand smoke.
• If you would like information about quitting, call the MSU Health Education ATOD Office at 517-353-3903.

Nutrition

67% of MSU students report being at their right weight or slightly under*
49% of MSU students report dieting or exercising in order to lose weight*

WHY it matters...

• The myth of the “Freshman 15” continues in the media and on college campuses while numerous studies show average freshmen weight gain is less than 3 pounds.

What YOU can do...

How do you avoid getting caught up in negative eating patterns and weight fluctuations?
• Keep eating. Restricting calories and/or certain foods is likely to increase your chances of developing disordered eating or inappropriate weight gain.
• Keep active. Moving your body has many benefits including stress relief, increased metabolism, increased energy, and improvement of your overall well-being.
• Eat often and eat enough, which will help keep your metabolism functioning at its best. Fuel your mind as well as your body!
• Try not to worry about food and weight. This can lead you to eat more than you normally would because you are constantly thinking about food.
• Recognize that weight gain is often normal in college as you reach your adult growth. Trust your body.
• To find out more about the “Freshman 15” myth or other nutrition concerns, call 517-353-4660 to schedule a free individual appointment with a nutritionist.

Injury Prevention

What MSU STUDENTS say and do...

97% of MSU students report wearing a seatbelt when riding in a car, but only 14% report wearing a bicycle helmet most or all of the time when riding a bike*
88% of the accidents with injuries involving bicycles on campus happen when riding on sidewalks!

WHY it matters...

• With 50,000+ people walking, driving, rollerblading, and 20,000 biking on campus every day, it’s easy to find yourself in a chaotic and hazardous situation.
• Common injuries at MSU involve bicycle accidents (e.g., with pedestrians, cars, and persons on rollerblades).

What YOU can do...

• Wear bright colors and ride your bike in the roadway; you’ll be safer and get to your destination faster.
• Wear a helmet when biking or rollerblading.

Physical Activity

What MSU STUDENTS say and do...

65% of MSU students exercised 3 or more days in the last week at time of survey*

WHY it matters...

Regular exercise has many proven benefits:
• It improves energy and decreases fatigue.
• It helps fight depression, anxiety, and stress.
• It improves mood, self-esteem, and quality of sleep.
• It helps you to meet and connect with new people.

What YOU can do...

• Choose to stay active! There are 8-10 intramural sports each semester, 40+ club sports you can join. Check it all out at recsports.msu.edu
• Get a fitness test through LIFE:Rx. Call 517-353-4660.
• Join MSU MOVES! This free website allows you to log activities and set up personal and team challenges at msumoves.msu.edu

Sexually Transmitted Infection (STI) Prevention

What MSU STUDENTS say and do...

74% of MSU freshmen used a condom during last intercourse*
19% of MSU students have been tested for HIV*

WHY it matters...

• The most effective way to protect yourself from an STI is abstinence. If you are sexually active, condoms can prevent most STIs when used consistently and correctly.
• Most STIs are either curable or manageable. The key is early detection and treatment.

What YOU can do...

• It is important to question, explore, and assess your sexual values. The decision to be abstinent or sexually active is your choice.
• Talk with your partner about safer sex, use a condom or other barrier method, and get tested for STIs and HIV annually or when you have a new sexual partner.
• Student Health Services has free condoms for MSU students—ask your RA or visit the MSU Health Education waiting room (3rd floor Olin Health Center).

Sexual Assault & Relationship Violence Prevention

What MSU STUDENTS say and do...

7% of MSU women report having been sexually touched against their will*
10% of MSU women report being in an emotionally abusive relationship*

WHY it matters...

• Whether or not one commits violent behavior is a choice one makes—sexual assault, including verbal harassment, IS violent behavior!
• The #1 date rape drug is alcohol. Intoxication is not consent. When someone is under the influence of alcohol or drugs, they cannot legally give consent.

Nutrition

LIFE:Rx

What MSU STUDENTS say and do...

517-353-3903

Tobacco Use

What MSU STUDENTS say and do...

26% of MSU students used some form of contraception at last intercourse*
77% reported having no sexual partner*
46% reported having one sexual partner*

WHY it matters...

• It is important to weigh the possible benefits and risks of being sexually active. To be healthy sexually is to maintain a balance with everything else in your life—your physical and emotional health, your education and career goals, your relationships with other people, and your feelings about yourself.
• When choosing to be sexually active, select the contraceptive method right for you based on cost, the method’s effectiveness, its ease of use, and its safety.

What YOU can do...

• Be informed. Educate yourself about the contraceptive methods that are available. MSU Student Health Services offers a variety of contraceptive methods, and you can call 517-353-4660 for an appointment.
• Get FREE condoms and information on their correct use on the 3rd floor of Olin at MSU Health Education.
• The pharmacy at Olin Health Center offers emergency contraception and information in case your method of contraception failed or you did not use contraception.
• For more info, stop by and talk with one of our staff members or visit our website at olin.msu.edu

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