What YOU can do...
• Before going out to a social gathering, make a plan with your friends to look out for each other.
• Make sure to have consent every step of the way when having any kind of sexual encounter with someone.
• If you or a friend has been sexually assaulted, call 517-372-6666 (24 hours/day) or visit endrape.msu.edu

> Depression & Anxiety

What MSU STUDENTS say and do...


- 91% of MSU students said that they felt somewhat depressed that it was difficult to function at least once during the school year*
- 39% of MSU students reported feeling very sad or very lonely (63%) at least once in the past year*
- 60% of undergraduates experienced anxiety in the last year. Of those, 21% reported some type of negative impact on their academics*

WHY it matters...
• According to national surveys, anxiety and depression are two of the top six health concerns among college students (ACHA).
• If you are concerned about possible depression or anxiety, visit the MSU Counseling & Psychiatric Services (CAPS) website to complete an online assessment and/ or review self-help resources at caps.msu.edu
• If you or your friend experience depression, contact MSU Counseling & Psychiatric Services (CAPS) at 517-355-8270. Walk-in hours are 10am–Noon and 1pm–3pm Monday – Friday. Crisis walk-in hours are 1pm–3pm Monday - Friday.

> Suicide Prevention

What MSU STUDENTS say and do...


- 95% said that they had seriously considered attempting suicide in the past year.*

WHY it matters...
• Try to be aware of obvious warning signs of suicide such as suicidal threats, gestures, self-destructive behavior or making comments such as “I want to be dead.” “I can’t go on anymore,” “Everyone would be better off without me,” and other similar statements.
• 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 24/7 help, call 1-800-273-TALK (8255). If it is an emergency situation and you or a friend need help immediately, call 911.

> Alcohol & Drugs

What MSU STUDENTS say and do...


- 67% of MSU students consume 0–4 drinks when they party
- 96% of MSU students report that they disapprove of pressuring others to drink more than they want
- 18% of MSU students reported smoking marijuana in the previous month*

WHY it matters...
• High-risk alcohol and drug use is often associated with the most serious academic, financial, relational, and personal harms students experience at college.
• Alcohol and drug use can lead to legal issues that have a long-term impact on academic and career aspirations.
• The majority of MSU students do not use drugs, and if they do, they do so responsibly. Having accurate information about student alcohol and drug use at MSU is important.

What YOU can do...
• Know that drinking is not essential to the “real college experience”. In fact, 1 out 4 MSU students do not drink.

> Stress Reduction

What MSU STUDENTS say and do...


- 29% of MSU students report that stress seriously affected their academic performance*
- 85% of MSU students reported feeling overwhelmed at least once in the past year*

WHY it matters...
• In addition to affecting academics, stress is a major factor contributing to sleep difficulties (which were reported by 27% of MSU students in the past year).
• Stress can lead to depression, anxiety, fatigue, and a weakened immune system, making one more susceptible to colds and flu – which is the number one issue MSU students report as a reason for missing class.

What YOU can do...
• 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.
• Looking for strategies to navigate stress or other challenges you might be facing? Wellness Coaching through the SPARTANfit program may be able to help! Call 517-353-7868.
• Seek help if you are feeling overwhelmed. MSU Counseling & Psychiatric Services (CAPS) are an option for this type of help. Visit their website at caps.msu.edu

What YOU can do...
• Students who have difficulty connecting to others or finding support can become withdrawn, and this may lead to depression. Untreated depression may lead to suicide, which is the second leading cause of death among college students.

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**WHY it matters...**
- MSU is a tobacco-free campus. The tobacco-free ordinance prohibits cigarettes, chewing tobacco, e-cigarettes, and vaporizers.
- Smoking, even "socially", can undermine your immune system and make you more susceptible to colds and flu.

**What YOU can do...**
- Join the 92% of your fellow students who choose not to smoke.
- Educate yourself and share information about the tobacco-free ordinance with your peers. For more information, visit tobaccofree.msu.edu
- If you would like information about quitting, call MSU Health Promotion at 517-884-6598.

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**Nutrition**

**What MSU STUDENTS say and do...**

**WHY it matters...**
- Studies show that average weight gain for a college freshman is less than 4 pounds, debunking the myth of the "Freshman 15."

**What YOU can do...**
- Trust your body. By eating well and being physically active, your body will settle at a weight that is most natural for you.
- Eat for good nutrition. That means choosing to eat a variety of foods, including those that you enjoy most.
- Support yourself with food. Having a plan to feed yourself regularly throughout the day will allow you to stay focused and energized.

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**Tobacco Use**

**What MSU STUDENTS say and do...**

**WHY it matters...**
- MSU students report wearing a seatbelt when riding in a car, but only 18% report wearing a bicycle helmet most or all of the time when riding a bike.

**What YOU can do...**
- Wear a helmet when biking or rollerblading.
- It helps you to meet and connect with new people.
- It helps fight depression, anxiety, and stress.

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**Injury Prevention**

**What MSU STUDENTS say and do...**

**WHY it matters...**
- With 50,000+ people walking, driving, and 20,000 biking on campus every day, you might sometimes find yourself in a chaotic and hazardous situation.

**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.

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**Physical Activity**

**What MSU STUDENTS say and do...**

**WHY it matters...**
- Regular exercise has many proven benefits:
  - It improves learning, mental, and physical health.
  - It helps fight depression, anxiety, and stress.
  - It improves mood, energy, self-esteem, and sleep.
  - It helps you to meet and connect with new people.

**What YOU can do...**
- Be informed. Educate yourself about contraceptive methods that are available. MSU Student Health & Wellness Services offers a variety of contraceptive methods. Call 517-353-4660 for an appointment.
  - Ask your RA or visit MSU Health Promotion for FREE condoms and information on their use.
  - 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 information, stop by and talk with one of our staff members or visit our website at olin.msu.edu

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**Sexually Transmitted Infection (STI) Prevention**

**What MSU STUDENTS say and do...**

**WHY it matters...**
- 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 for sex.

**Sexual Assault & Relationship Violence Prevention**

**What MSU STUDENTS say and do...**

**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 for sex.