**First Year Seminar Discussion Guide**

**Mental Health Topics**

**CSUMB Personal Growth & Counseling Center**

**831-582-3969**

[**https://csumb.edu/pgcc**](https://csumb.edu/pgcc)

**Student Learning Outcomes**

* Students will know about the services provided by the Personal Growth & Counseling Center, the process for scheduling an appointment, and that services are no-cost and confidential.
* Students will be able to assist a fellow student who has concerns about loneliness/ homesickness, anxiety, depression, relationships or substance abuse problems.

1. **Loneliness & Homesickness**

a. **Fact:** Both are very common among incoming freshmen, and can last 4-6 weeks until you get a routine, start your classes, and begin to know your way around campus. Friends are what everyone wants, but take time to develop – loneliness becomes a prison leading to a self-fulfilling prophecy.

b. **Discussion Questions :** How can you meet others you relate to?Ex. What if you can’t relate to the drinking scene? How do you get over any fear of judgment or rejection?

c. **Post Discussion:** What can you do about it?Know your options on where to meet people and get involved. This includes:

1) Invite roommates, classmates, or others in your hall to go to the dining commons, out for coffee, or to a CSUMB event. Check out the CSUMB events calendar at: <https://csumb.edu/calendar>

2) Check out one of over 100 campus clubs and organizations at: <https://csumb.edu/deanofstudents/student-activities-leadership-development>

3) Check out theMonterey County Weekly to find out about events happening in the broader community: <http://www.montereycountyweekly.com/events/>

More info available at CSUMB’s Personal Growth and Counseling Center’s page: <https://csumb.edu/pgcc/homesickness>

2. **Anxiety**

a. **Fact:** Anxiety is the number one mental health issue among college students, especially social anxiety. According to the 2015 American College Health Association Survey, 47% of men and 67% of women at CSUMB felt at least one episode of overwhelming anxiety sometime in the last year.

b. **Discussion Questions:** How do you know if you or someone else is anxious? How can anxiety affect your life (academics or relationships) or the lives of your friends?

c. **Post Discussion:** What can you do reduce or better manage anxiety?

1. Ask group what skills and things they have tried, what works best.
2. Learn how to get control through relaxation skills, counseling and/or medication. CSUMB’s Health and Wellness Services offers yoga classes weekly, as well as individual and group support, and many community and online resources can be provided. The Spring group brochure can be found at: <https://csumb.edu/pgcc/groups>. For an individual appointment or more information call 831-582-3969.

3. **Depression**

a. **Fact:** According to the 2015 American College Health Association Survey, 40% of CSUMB students felt so depressed that it was difficult to function sometime in the last year. An estimated 12% seriously consider suicide.

b. **Discussion Question:** What can cause depression? How do you know if you or someone else is depressed? What can you do if you or someone else has thoughts of harming themselves?

c. **Post Discussion:** What can you do to help reduce or better manage depression?

1. Get educated:

 <http://screening.mentalhealthscreening.org/CSUMB>

1. Learn to decrease stress/take care of yourself:

 <https://csumb.edu/pgcc/helpful-links>

1. Seek help:

[https://csumb.edu/pgcc/scheduling-appointment](https://csumb.edu/pgcc/scheduling-appointment%20%20)  or call 831-582-3969 to schedule an appointment with a counselor.

**4. Relationships**

**a. Fact:** Good friends, people who you can let your guard down with, are hard to find. Many students have a history of bad relationships at home or intimately. Too many people put up with a bad or abusive relationship just to avoid being alone.

**b. Discussion Questions:** What makes a relationship (friendship, romance, etc.) a good one? What are some indicators of a bad or unhealthy relationship? Encourage students to think of the best and worst relationships in their lives and share what makes them good or bad. These could even be characteristics they have seen on television or read in books.

 How might an unhealthy relationship impact someone’s life?

What can be done to make a bad relationship better?

When is it time to walk away? How could you approach ending things?

 **c. Post Discussion:**

1. If you feel trapped in a bad relationship, talk to someone about it. Reach out to a family member, good friend, or try counseling services at the Personal Growth and Counseling Center, 831-582-3969.
2. If you suspect that your or a friend is in an abusive (verbal, physical, sexual, psychological) relationship, or has been a victim of sexual assault contact:
* Monterey County Rape Crisis Center Campus Advocate – 831-402-9477
* Monterey County Rape Crisis Center Crisis Line – 831-375-4357
* YWCA Domestic Violence Crisis Line – 831-372-6300
* CSUMB’s Title IX/DHR Coordinator – 831-582-3510

**5. Substance Abuse**

**a. Fact:** NO, not everyone is drinking and/or using marijuana. According to recent survey, a little more than 40% of CSUMB students report not having had any amount of alcohol in the last 30 days. Almost 80% report not having used any amount of marijuana in the last 30 days. While some college students do make poor choices when it comes to alcohol and other drug use, most CSUMB students make choices that reduce the chance of something bad happening.

 **b. Discussion Questions:**

 Alcohol Safety/Risk Reduction

1. What are some negatives consequences that can result from drinking too much (injury, alcohol poisoning, sexual assault)?
2. In what ways could you prevent these negatives?
3. What could you do to help an intoxicated friend? What if he or she is passed out or

showing signs of alcohol poisoning?

 Substance Abuse

1. When does alcohol or drug use become “abuse” or a problem? In other words, what does

 substance abuse look like?

1. How can substance abuse affect someone’s life?
2. What should you do if you think you may have a problem? What about a friend?

 **c. Post Discussion:** What can you do about it?

1) Get a drunken friend help before it’s too late. Call 911 if signs of alcohol poisoning are present.

1. Always stay with a friend who has had too much to drink and/or make sure they have a safe way home.
2. If you want to party, identify ahead of time how you will get home safely.
3. Take a FREE, ANONYMOUS, survey to find out if your drinking is crossing the line from use to abuse: <http://screening.mentalhealthscreening.org/CSUMB>

Personal Growth & Counseling Center staff are always willing to help and can be reached at 831-582-3969, Monday through Friday, between 8am and 5pm. Our office is located in the Health & Wellness Services Building (80). Additional information can be found at <https://csumb.edu/pgcc>. Individual and group counseling services are confidential and provided at no-cost to all CSUMB students. PGCC Staff are also available to help when you have concerns about friends, roommates, or classmates.