

# Check your mental well-being



Mental health problems covers a broad range of symptoms. The Canadian Mental Health Association has developed an online Mental Health Meter, which allows individuals to assess their mental health and risk for illness. It takes less than five minutes to complete the assessment and provides insight into where we may wish to make changes.

College counsellors have developed a general checklist to help students determine if it might be time to talk with someone. It includes some of the problems commonly reported by college students. While some people may resolve these issues on their own, counselling can be helpful for those who have ongoing concerns about any or all of the following:

- Academic and career issues, including poor study skills, problems with test-taking or trouble deciding between two or more college programs;
- Relationship problems—family or spousal troubles, conflict with a significant other or coping with a break-up;
- Discomfort in social situations;
- Feelings of anxiety, anger, sadness or loneliness;
- Feeling depressed most of the time or having thoughts of suicide;
- Alcohol and/or drug abuse;
- Sexual abuse or assault;
- Coping with stress and/or anxiety, and eating or sleeping too little or too much;
- Issues of identity and self-esteem, including sexuality, values and belief systems, low self-esteem and negative thinking, and difficulty adjusting to college/university.

If you're concerned about any of the above, it may be helpful to speak with a counsellor. If you have had suicidal thoughts, or have attempted suicide or self-harm, please speak with your doctor, nurse practitioner or go to the emergency department at your local hospital.

To make an appointment at the Glenn Crombie Centre, Call X7311 or go speak to the receptionist

<http://www.bridgingthedistance.com/pages/students.html#staywell-mobile>

**Good2Talk**, Ontario's Postsecondary Student Helpline is there to assist you 24/7/365 in both English and French, call 1-866-925-5454. Good2Talk is a free, completely confidential and anonymous service that offers you professional counselling, mental health information and connections to local resources.