



Mental Health Resources

At Minnesota State University, Mankato we care about your mental health and want you to know that you are not alone. There are many people on this campus who are willing to listen and to help.

If you or someone you know is in immediate danger, **call 911** right away.

What is Mental Health?

Mental health is a state of well-being in which the individual realizes [their] abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to contribute to [their] community.

- World Health Organization, 2014

How to Ask for Help

Ask to meet a friend or family member at a specific time to talk in person or via phone call/ video chat. A few things you can say to start the conversation are:

"There are a few things going on I wanted to talk to you about"

"I was hoping to talk to you about how I'm doing."

"I WANT TO TELL YOU WHAT HAS BEEN GOING ON WITH ME."

Where Can I Go When Offices Are Closed?

- Contact Campus Security at 507-389-2111 for help 24/7
- Connect with your CA or Hall Director for support
- **Text "HELLO"** to 741741 to talk to someone in the Mankato area
- **Call the SAMHSA Helpline** (Substance Abuse and Mental Health Services): 1-800-662-4357
- **National Suicide Help Line:** 1-800-273-8255

Signs Someone is Struggling

- Struggling to keep up with work and school
- Decreasing interest in day-to-day activities
- Missing opportunities or events
- Declining physical health
- Change in substance use
- Persistent anxiety
- Thoughts of harming oneself

What Does Help Look Like On Campus?

Counseling Center

- Consultation (for you or a friend)
- Individual counseling
- Group counseling
- Seminars on academic and personal effectiveness skills
- Workshops on coping skills

What Does a Counseling Session Look Like?

- You will start with a 20 min screening appointment
- Next, you will discuss your background & create goals
- Appointments are usually 45 min
- You meet with the same provider each time

Student Health Services

- Psychiatric care/Telepsychiatry virtual visits
- Physical wellness checks
- Mental and Physical Documentation for Accessibility Resources
- Prescriptions
- Medical emergencies
- Sexual Assault Nurse Exam (SANE)
- STD testing and diagnosis
- Alcohol and drug education
- Relaxation station
- Appointments with a Dietician to discuss eating disorders



Counseling Center
Centennial Student Union 285
507-389-1455
counseling-center@mnsu.edu



Student Health Services
21 Carkoski Commons
507-389-6276