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.

• For more information on prevention: poe.msu.edu

• If you or a friend has been sexually assaulted, call 517-372-6666 (24 hours/day) or visit: centersfor survivors.msu.edu

Depression & Anxiety

What MSU STUDENTS say and do...

• If you are concerned about possible depression or finding support can become withdrawn, and this may lead to depression.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.

What YOU can do...

• Try to be aware of any 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 & Other Drugs

What MSU STUDENTS say and do...

Alcohol & Other Drugs

• Students who have difficulty connecting to others or find support can become withdrawn, and this may lead to depression.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.

What YOU can do...

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

• If you choose to consume alcohol, reduce your risk of harm by consuming less alcohol over a longer period of time, eat food before and while drinking, stay with friends you know and trust, and make sure you have a plan for getting home safely.

• Medical Amnesty protects you and your friends from legal trouble. If you think a friend may have alcohol poisoning – call 911, turn them on their side, and stay with them until help arrives. For more information: bit.ly/MinedAM

• For more information about alcohol or drug use at MSU, please visit: healthpromotion.msu.edu/alcohol-drugs or call the MSU Health Promotion office at 517-884-6598.

Stress Reduction

What MSU STUDENTS say and do...

• 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

Suicide Prevention

What MSU STUDENTS say and do...

• if you or a friend experience depression, contact MSU Counseling & Psychiatric Services (CAPS) at 517-355-8270. You can also visit caps.msu.edu for more information on how to seek help.

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Tobacco Use
What MSU STUDENTS say and do...

- Know that the data above is for the use of e-cigarettes
- Tobacco is a tobacco-free campus. The tobacco-free ordinance prohibits cigarettes, chewing tobacco e-cigarettes, and vaporizers anywhere on campus.
- Smoking can undermine your immune system and make you more susceptible to various respiratory illnesses.

What YOU can do...
- Know that the data above is for the use of e-cigarettes
- Educate yourself and share information about the tobacco-free ordinance with your peers. For more information, visit tobaccorefr.msu.edu.
- If you would like information about quitting, call MSU Health Promotion at 517-884-6598.

Injury Prevention
What MSU STUDENTS say and do...

- Of 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.
- 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.
- Common injuries at MSU involve bicycle accidents (e.g., with pedestrians, cars, and persons on scooters).

What YOU can do...
- Wear bright colors and ride your bike in the bike lanes; you'll be safer and get to your destination faster.
- Wear a helmet when biking or riding a scooter.

Nutrition
What MSU STUDENTS say and do...

- Of MSU students report being at their recommended weight or slightly under.

What YOU can do...
- Studies show that average weight gain for a college freshman is less than 4 pounds, debunking the myth of the “Freshman 15.”

Physical Activity
What MSU STUDENTS say and do...

- Of MSU students exercise 5 or more days a week.

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.

Sexually Transmitted Infection (STI) Prevention
What MSU STUDENTS say and do...

- Of MSU students have been vaccinated against HPV.
- Have a conversation with your doctor about sexual health.

Physical Activity
What MSU STUDENTS say and do...

- Of MSU students exercise 5 or more days a week.

What YOU can do...
- Be informed and educate yourself about contraceptive methods that are available to you. MSU Student Health & Wellness 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.
- For more information, stop by and talk with one of our staff members or visit our website at healthpromotion.msu.edu/sexual-wellness

Pregnancy Prevention
What MSU STUDENTS say and do...

- Of MSU students report using some form of contraception at last intercourse.

Sexual Assault & Relationship Violence Prevention
What MSU STUDENTS say and do...

- Of MSU students report having been sexually touched without consent.

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 annually or when you have a new sexual partner.
- MSU Student Health & Wellness offers STI testing. Call 517-353-4660 for an appointment.

What 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 manageable, and some are curable. The key is early detection and treatment.

Physical Activity
What MSU STUDENTS say and do...

- Of MSU students exercise 5 or more days a week.

Sexually Transmitted Infection (STI) Prevention
What MSU STUDENTS say and do...

- Of MSU students were vaccinated against HPV.
- Have a conversation with your doctor about sexual health.

Pregnancy Prevention
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