

How to Improve Your Psychological Health



Join a Support Group: But WHY? A Support group provides an opportunity for people to share personal experiences and feelings, coping strategies, and firsthand information about diseases and treatments. **Available Support Groups**

- Bluefield State College Counseling Center- Support for all students to help students understand themselves as well as evaluate problem solving and coping skills
 - Management Skills Classes- Multiple classes offered covering topics like stress, coping, depression, family/marital/crisis problems, and more
 - Location: Conley Hall Room 305, Monday-Friday 8A-4P
 - Phone #: 304-327-4016; 304-327-4424; 304-327-4551
 - Collegiate Recovery Program- Includes counseling sessions with a Recovery Coach; 304-800-9646
- Appalachian Teen Challenge - Christian organization that specializes in inpatient treatment for substance abuse treatment and counseling for young adults; Phone #: 304-384-3307
- Southern Highlands - Mental health care, substance abuse, and community support; Phone #: 304-425-9541
- Behavioral Health Pavilion - Inpatient and outpatient mental health services; Phone #: 304-327-9205
- Substance Abuse and Mental Health Services Administration - Mental health care, substance abuse, and help hotline; Website: samhsa.gov Phone #: 1-800-662-4357
- 24 hour FREE help at 1-844-HELP4WV (435-7498) or chat online @ help4wv.com



Volunteering: What Are the Benefits? Volunteering helps with establishing a connection to others and boosts social skills, produces fulfillment and a greater sense of satisfaction in your own life, and provides renewed creativity and motivation.

Volunteer Options in Mercer County:

- Bluefield Union Mission – Full service mission that is open 24/7/365 to meet social, physical, and spiritual needs of the community; 304-327-8167
- WISE – Promotes financial independence for disadvantaged women by giving them professional clothing, access to support resources, and career developing tools; 304-324-5809
- Wade Center – Physically, spiritually, emotionally, and intellectually nurtures local children and their families through practical programs and mentoring relationships; 304-323-3777
- Mercer County Animal Shelter – A shelter for homeless dogs and cats where volunteers can help with feeding, walks, and playtime; 304-425-2838

Stress Reduction: What Is the Point? Working to reduce stress can decrease anxiety, increase concentration, improve attitude, and lessen the likelihood of depression.

Benefits of Journaling:

- Can be done independently
- May be easier than confiding in a friend
- Can alleviate depressive symptoms and anxiety
- Can boost memory and comprehension



How do I start journaling?

Grab a notebook or journal, it does not have to be fancy. Ideas to start include writing down the day's accomplishments, three things you are grateful for, or different emotions you felt through the day. Set realistic writing goals and you will create a routine in no time!

Benefits of Meditation:

- Increases calmness and physical relaxation
- Increases patience, tolerance, and self-awareness
- Reduces negative emotions
- Improved memory and focus



How do I start meditating?

Find a quiet, comfortable place. Set a short time limit, such as five minutes. Focus on your body and your breath. If your mind wanders, bring your attention back to your breath and body.