



ALUMNI ASSOCIATION

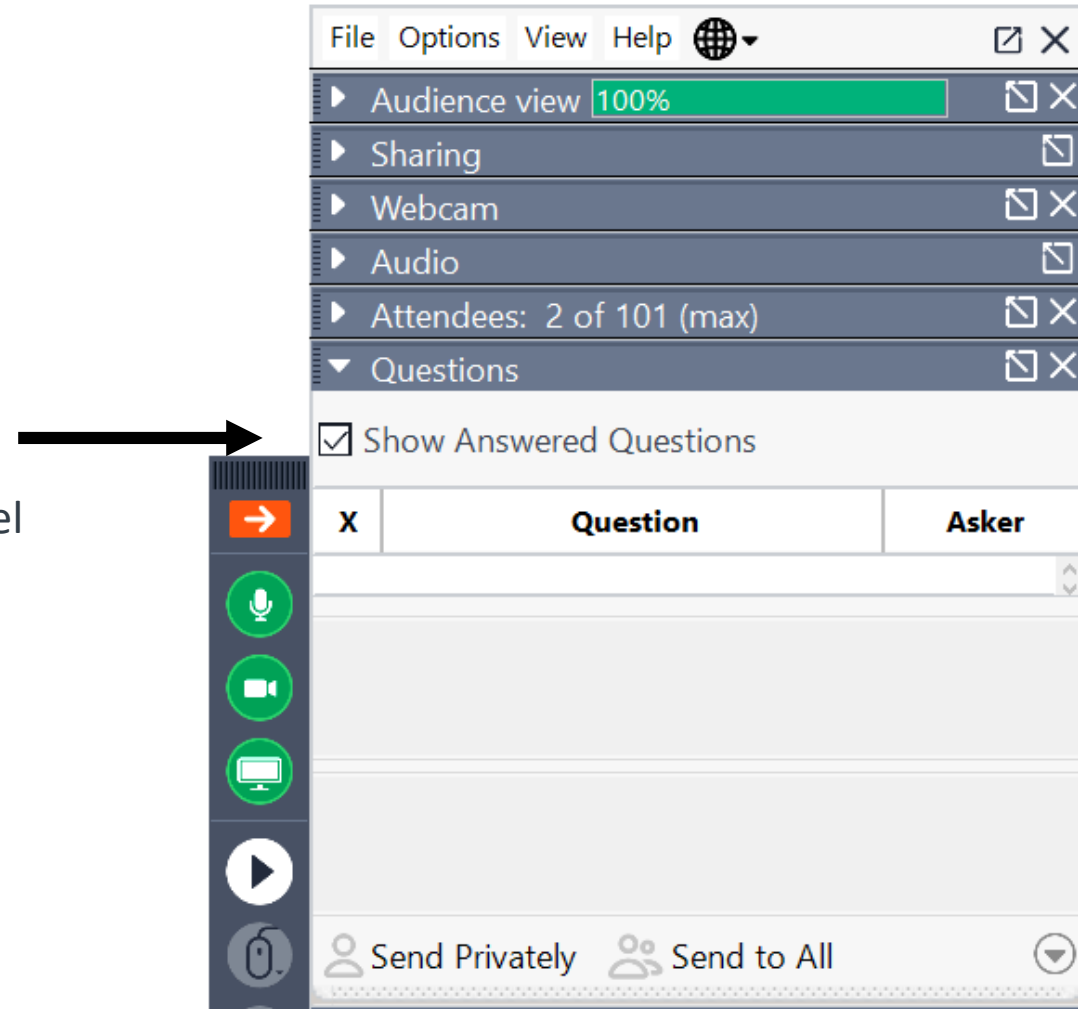
WILDCAT CONNECT

Mental Health Awareness

How we all play a role in the emotional well-being of our friends, family, and communities.

Submit your Question for the Q&A

To submit a question, type it into the question panel





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How Do I Find a Therapist in the Community?

First, find about 4-6 names of therapists you are interested in learning more about

Call you health insurance to find therapist covered in your plan

Check out: www.psychologytoday.com for local therapists listings



Next, prepare to call and leave a simple and brief voicemail

(they may not answer if they are in session)

Try preparing a script like this: "Hi, my name is Jane Doe, and my phone number is 530-555-1234. I am calling because I am looking for a counselor to meet weekly, to help me with depression and anxiety. If you can please call me back, I would appreciate any information or referrals. Thank you."



Some things to keep in mind when interviewing your therapist (because you are)

-Some therapists may be full and not be taking new clients

-They may not return your call right away. You can call again or cross that person off your list

- If you try a therapist, and they are not the right fit, that's okay!

-Therapists know the relationship is the most healing and want you to be comfortable

What should I do, if I'm not able to see a WellCat counselor right away?



- 1 Contact our 24/7 Free Student ProtoCall Line to speak with a counselor:
(530) 898-6345, option 2
- 2 Contact our Peer Coaching program for support, skills and connection
wellcatcoaching@csuchico.edu
- 3 Ask to use the WellCat Counseling Center Crisis Appointments
(530) 898-6345, option 1
- 4 Contact Butte County Behavioral Health
1800-334-6633 (Chico area)
- 5 Check out our You at CSU Chico free self-guided Mental Health and Well-Being program
You.csuchico.edu
- 6 Call the National Suicide Prevention Lifeline
1800-273-8255 / suicidepreventionlifeline.org

www.csuchico.edu/counseling

Additional Emotional Well-being Resources

Trending:

- [CNN Article 1/23/22 on Yale's Happiness Course popularity during pandemic](#)
- [Coursera - Yale's free happiness course "The Science of Well-being"](#)

Others:

- [How to Calm Your Inner Storm \(article & resources\)](#)
- [How to Make Stress Your Friend - Kelly McGonigal TED Talk](#)
- [The Gift & Power of Emotional Courage - Susan David TED Talk](#)
- [The Space Between Self-Esteem & Self-Compassion - Kristin Neff TED Talk](#)
- [Greater Good in Action - Practices & Resources from Greater Good Science Center, UC Berkeley](#)
- [We Can Do Hard Things podcast - Glennon Doyle](#)
- [Unlocking Us podcast - Brené Brown](#)

<https://takeaction4mh.com/>

Links shared in the comment section, for you to click on them. Also, full PDF of this presentation is available to download

What resources are available to you?

Recorded Webinars

<https://www.csuchico.edu/alumni/first-hand/webinar-summary.shtml>

Digital Platform

Wildcat Connect Alumni Advisor Network

<https://csuchico.firsthand.co/>

Chico State Career Center

(You can use their services for FREE for LIFE!!)

www.csuchico.edu/careers