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.psycologytoday.com](http://www.psycologytoday.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