Recognizing & Assisting Students with Mental Health Concerns

Presenter:
Angella Anderson, LPC, MA
Predoctoral Clinical Psychology Intern
University Counseling Center

This workshop will assist academic advisors better recognize and assist students who may present with various mental health concerns. Concerns addressed include stress and time management, depression and anxiety, transition struggles, and trauma related concerns (i.e., students who have experienced rape/sexual assault; students who are combat Veterans). Tips on how to effectively handle such struggles, as well as various referral options available will be provided. Effective, healthy ways to approach and talk to stu-

November 28, 2012
2 - 3:30pm
Socorro Room
Corbett Center

To Register go to:
http://www.teaching.nmsu.edu/Events/index-saba.php

Sponsored by the NMSU Academic Advisor Council

Contact information:
Letty Gallegos
Academic Advisor
Bachelor of Community Health
575-646-2537
lettyg@nmsu.edu