



Educational Resources

Substance safety:

There is an overlap between alcohol misuse and anxiety and depression, with college students having higher binge-drinking rates and a higher incidence of driving under the influence than their noncollege peers. Alcohol can lead to mental health issues and mood changes, in addition to physical health problems, including sleep difficulties, appetite issues, headaches, decreased testosterone (bye-bye gym gains!), etc. There are also risks associated with alcohol use, including alcohol poisoning, accidents and injury, interpersonal violence, and loss of possessions.

Some students may drink alcohol to fit in, to cope, to self-medicate, or to reduce social anxiety, but in fact, drinking alcohol depletes serotonin levels and increases anxiety. Therefore, it can be important to explore your substance use habits and reasoning behind your drinking.

Spring Break is here, but before you grab that drink, here's something to think about: Did you know there's a major overlap between alcohol misuse and mental health struggles like anxiety and depression? College students are more likely to binge drink and drive under the influence compared to their non-college peers. But here's the kicker:

Alcohol not only messes with your mental health—depleting serotonin and making anxiety worse—but it also messes with your physical health. Some students drink to fit in, cope, or feel less anxious, but it can actually do the opposite, leaving you more stressed out



Upcoming Events



Wednesdays 02/19-04/23
12:30-1:30pm
Rm 146B(in the Burrow)

Brief, informal, confidential chats with a psychologist!



Tuesday 02/26
11am-1pm
The Burrow

Prepare for Spring Break! Essential Resources, helpful tips and painting your own tote bag!



Wellness Tip

Spring break provides much-needed mental decompression, offering a break from the demands of school, work, social obligations, research, and daily pressures. These stressors can negatively impact mental health, relationships, and academic performance when overloaded. Taking a break allows us to reset and recharge, ultimately helping to avoid burnout!