Mental Health Tips

1. Social Support
2. Emotion Regulation
3. Physical Health (sleep + nutrition + exercise); Physical exam
4. Be proactive, learn time management, live a goal oriented fulfilling life with passion

Call Counseling Center (207) 581-1392

Visit Counseling Center Website for resources

https://umaine.edu/counseling/

Closing wisdom

* No one succeeds alone; humble yourself and learn to ask for help and give to others; be responsible for your mental health and your life