

EMOTIONAL WELL-BEING
AT NOTRE DAME

A GUIDE BOOK



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THIS BOOK WAS CREATED WITH A PURPOSE:

To introduce the campus community to the integrated Health and Wellness Unit at the University of Notre Dame, and to offer students access to—and an understanding of—the services available to them.

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INTRODUCTION

INTRODUCING YOUR EMOTIONAL SUPPORT SYSTEM AT NOTRE DAME.

As a student, you need a strong support system in order to flourish emotionally. Notre Dame offers services and programming that can help you achieve emotional well-being and more fully enjoy your university experience.

From the resources of the University Counseling Center and the McDonald Center for Student Well-Being to the Care Consultants and Graduate Student Life, Notre Dame offers you emotional support when you need it most.

KNOW THIS: WE'RE HERE TO TAKE CARE OF ONE ANOTHER, TO SEEK HELP AND TO HELP OTHERS.

By being in tune with your emotions and striving to stay balanced, you can discover ways to flourish.

INTRODUCTION

From the Associate Vice President for Student Services



Greetings!

The Health and Wellness Unit at the University of Notre Dame is comprised of several departments and centers that are committed to your emotional well-being:

University Counseling Center, University Health Center, McDonald Center for Student Well-Being, and Graduate Student Life. A helpful definition of emotional wellbeing is offered by the Mental Health Foundation: A positive sense of well-being which enables an individual to be able to function in society and meet the demands of everyday life; people in good mental health have the ability to recover effectively from illness and adversity.

With that said, all of you will experience some degree of illness, adversity, and disappointment during your time in college. It is my hope that you will take advantage of the resources outlined in this booklet to help you bounce back from challenging situations, learn to live a balanced and healthy life, and build your resilience.

Resilience involves maintaining flexibility and balance in your life as you deal with stressful circumstances and challenging events. This happens in several ways:

- Allowing yourself to experience strong emotions and also

realizing when you may need to avoid experiencing them at times in order to continue functioning

- Stepping forward and taking action to productively manage your problems and meet the demands of daily living, and also stepping back to rest and reenergize yourself
- Spending time in healthy and positive relationships to gain support and encouragement, and also nurturing yourself
- Finding a balance between relying on others and relying on yourself
- Adjusting your outlook and expectations of self and others

I hope you find this information helpful and I wish you a very happy and productive school year. Please let me or my staff know if we can be of assistance.

Respectfully,



UNIVERSITY OF
NOTRE DAME

Dr. William B. Stackman

Associate Vice President for Student Services
University of Notre Dame
316 Main Building, Notre Dame, IN 46556
William.Stackman@nd.edu

A HISTORY OF HEALTH AND WELLNESS SERVICES AT NOTRE DAME

1886

Original Student Infirmary opens

1936

New Student Infirmary is completed

1967

Psychological Services Center (PSC) opens

1982

PSC renamed to Counseling and Psychological Services (CPS)

1986

CPS renamed to University Counseling Center (UCC)

1987

Office of Alcohol and Drug Education (OADE) opens

1995

Office for Students with Disabilities founded

2007

University Health Services, UCC, and OADE move into the renovated Saint Liam Hall

2012

Birth of the Care Consultant program; Graduate Student Life established

2014

Integrated Health and Wellness Unit established; Notre Dame receives \$10 million gift to support mental well-being services for students

2015

The Rev. James E. McDonald, C.S.C., McDonald Center for Student Well-Being opens; OADE is incorporated into this center

2016

Disability Services renamed to Sara Bea Disability Services

"EMOTIONAL HEALTH"

According to the Substance Abuse and Mental Health Services Administration, "Emotional health refers to a positive self-concept, which includes dealing with feelings constructively and developing positive qualities such as optimism, trust, self-confidence, and determination." More simply, emotional health involves "coping effectively with life by creating satisfying relationships."

HEALTH AND WELLNESS UNIT

WE ARE DEDICATED TO YOUR WELL-BEING.

The Health and Wellness Unit is part of the Division of Student Affairs at the University of Notre Dame. We support the holistic educational tradition of Holy Cross with premier services, resources, and education to promote the development of healthy students and to foster campus well-being.

Our programs and resources were created to address all eight dimensions of well-being, including:

- Emotional
- Environmental
- Financial
- Intellectual
- Occupational
- Physical
- Social
- Spiritual



OUR SERVICES.

Below, you'll find a list of the centers, offices, and initiatives that help us achieve our mission:

- Care Consultants
- Graduate Student Life
- McDonald Center for Student Well-Being
- Sara Bea Disability Services
- University Counseling Center
- University Health Services

For the purposes of this booklet, we will focus on our unit's services and resources that address emotional well-being.

For more information about resources that address the other seven dimensions of well-being, please visit:

studentaffairs.nd.edu/be-well

CARE CONSULTANTS

THERE IS NO PROBLEM OR CONCERN TOO SMALL.

Helping yourself or helping a friend in need can be one of the most meaningful things you ever do. It can also seem like one of the most overwhelming. But getting help at Notre Dame is easier than you think.

The Care Consultants are here to make sure every Notre Dame student receives the care they need to thrive. Whether you're experiencing changes in your academic motivation, fatigue, trouble sleeping, or prolonged sadness and anxiety, we can help you find the help you need.

WORKING WITH A CARE CONSULTANT CAN HELP YOU OR SOMEONE YOU KNOW:

- Assess obstacles and challenges which may be interfering with academic or social progress at Notre Dame
- Connect to campus and community resources for additional support
- Develop a "Care Plan" to help you focus on success

Did You Know? During the 2015-2016 school year, the Care Consultants assisted over 600 students.

- Transition back to school following a difficult life circumstance
- Examine your options if you are considering separating from the university

To schedule a meeting with a Care Consultant—or refer a friend—please use the contact information below. Please note that because Care Consultants help connect you with appropriate help on campus, our role sometimes requires us to share information among a close group of professionals at Notre Dame. While we are not a confidential resource, we will only share information with the people who can help you the most.

CARE CONSULTANTS

305 Main Building

email: careconsultants@nd.edu

care.nd.edu

Anna Detlefsen, Arts and Letters

574-631-0084, adetlefs@nd.edu

Annie Eaton, Architecture, Business, Engineering, Science

574-631-9317, adetlefs@nd.edu

Sarah Priebe, First Year of Studies, Graduate School

574-631-2491, spriebe1@nd.edu

GRADUATE STUDENT LIFE

AS A GRADUATE STUDENT, YOUR NEEDS ARE UNIQUE.

The demands of pursuing an advanced degree at Notre Dame and balancing your myriad life responsibilities can cause stress and anxiety that negatively affect your emotional well-being.

As a graduate or professional student, you'll have access to all of the resources mentioned in this guidebook. In addition, Graduate Student Life offers services to support the emotional well-being of graduate students.

SERVICES INCLUDE:

- **Writing Accountability Groups:** Whether you're writing your thesis, submitting an article for publication, or working on a grant application, the writing process can be an isolating and emotionally challenging experience. Joining a Writing Group connects you with other graduate students, and provides social support and accountability. Each group is also allotted funding for refreshments as an added incentive to meet.
- **Grad Life Grants:** This program is our way of offering events for building community and supporting holistic well-being while

Did You Know? Graduate and Professional students constitute nearly 1/3 of the Notre Dame student body.

empowering graduate students to create and lead unique initiatives. These have included free yoga sessions, healthy cooking classes, workshops on mental well-being, rock climbing lessons, outreach to student families, cultural diversity dinners, Women in STEM lunches, Islam Awareness Week, and more. Apply for a grant to host your own events, or simply enjoy the benefits of attending the many events hosted throughout the year.

- **Graduate Student Appreciation Week:** This week is devoted to all things grad and includes dozens of unique events to show our gratitude for you! It's also a time to recognize and celebrate the important contributions graduate students make to the Notre Dame community, through both scholarship and service. Finally, it's an opportunity to highlight the many campus resources for holistic well-being available year round.

GRADUATE STUDENT LIFE

305 Main Building

Phone: 574-631-1221

Email: gradlife@nd.edu

gradlife.nd.edu

OUR FRIENDS CALL US McWELL.

McWell is here to help you flourish: physically, spiritually, and emotionally. Our mission is to cultivate a healthy campus environment where students thrive through the integration of mind, body, and spirit consistent with the Holy Cross charism of the University of Notre Dame.

Emotional well-being is one of the eight dimensions of your overall wellness. McWell provides programs and resources to help you flourish emotionally during your time at Notre Dame.

THROUGH McWELL YOU MIGHT:

- Participate in the [McWell Sleep Program](#)—the first-ever program to improve cognitive performance, emotional well-being, and physical health through sleep. This program provides sleep programming to students, including a keynote lecture by Notre Dame professor and renowned sleep expert Dr. Jessica Payne, access to a 21-Day Foundational “Learn to Sleep” course, a personal sleep hygiene kit, sleep tracking and insights, and more.

- Attend an [Irish RespoND](#) training to learn how to notice and respond to mental health issues among peers and friends.
- Stop by Saint Liam Hall for a [Mindfulness Drop-In Session](#). Each session will incorporate yoga and mindfully focusing on one of Deepak Chopra’s seven spiritual laws of success.
- Take in a [Snite Sanctuary Series](#) lecture—a collaboration between McWell and the Snite Museum that encourages students to live mindfully and reflect on what they find most important in life.
- Utilize new [spaces available](#) to students at McWell: one is a quiet, tranquil area in which you might read, meditate, nap, or take a private phone call; the other is an open space designed for socializing.

MCDONALD CENTER FOR STUDENT WELL-BEING

[Saint Liam Hall, Second Floor](#)

Phone: 574-631-7970

mcwell.nd.edu

Office Hours: 8:30 a.m. – 8:00 p.m. (Mon-Thu), 8:00a.m.-
5:00p.m. (Fri)

SARA BEA DISABILITY SERVICES

A COMMUNITY ACCESSIBLE TO ALL STUDENTS.

Sara Bea Disability Services helps remove barriers for registered students with disabilities so that every Domer can experience equal access to a Notre Dame education.

By coordinating with faculty, students, and staff across campus, we can facilitate modifications or adjustments to a course, program, or activity that enables you to obtain equal access.

Each student's accommodations are individualized.

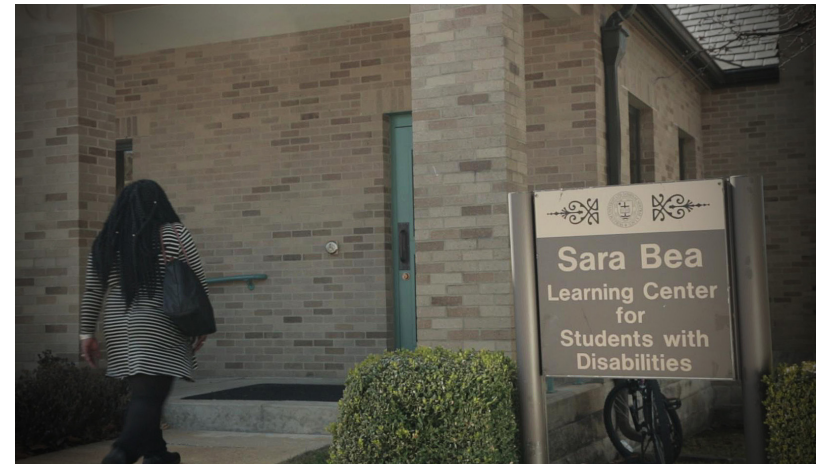
MOST FALL INTO ONE OF THE FOLLOWING THREE CATEGORIES:

- **Testing accommodations**, which may include extended time, a room with fewer distractions, a reader, or use of a computer
- **Auxiliary aids and services**, including note-takers, the presentation of course materials in alternate, accessible formats, or assistive technology.

Did You Know? During the 2015-16 school year, 694 students were registered with Disability Services

- **Academic adjustments**, which include, but are not limited to, alternate means of completing assignments, deadline extensions, or course substitutions

Contact Sara Bea Disability Services to learn more about the accommodations available or to volunteer to help a friend as a note-taker.



SARA BEA DISABILITY SERVICES

Sara Bea Center for Disability Services

Phone: 574-631-7157

sarabeadisabilityservices.nd.edu

Office Hours: 8:00 a.m. – 5:00 p.m (Mon-Fri)

UNIVERSITY COUNSELING CENTER

A SINGLE CONVERSATION COULD CHANGE YOUR LIFE FOR THE BETTER.

Whether you're a student in your first year of studies or a third-year doctoral student, higher education is a time of personal change, transition, and growth. Often, the inherent challenges of adjustment affect self-confidence, academics, and relationships.

The University Counseling Center (UCC) offers you and your fellow students short-term professional services with licensed psychologists, social workers, psychiatrists, professional counselors, and a nutritionist—all with expertise in college student mental health.

THROUGH THE UCC, YOU MIGHT:

- Benefit from one-on-one counseling
- Participate in group counseling sessions
- Access crisis services in-person or over the phone, whether you need help or you're concerned about a friend
- Receive a referral to another resource, both on- and off-campus

Did You Know? At the UCC, counselors are legally and ethically bound to confidentiality.

- Attend Let's Talk—an individual, 15 to 20-minute consultation with a professional UCC consultant hosted at various campus locations
- Reserve time in the Inner Resources Room, a tranquil environment containing a variety of self-guided relaxation and performance-enhancing activities

The bottom line: it doesn't matter why you come see us; you will be welcomed and your concerns will be respected. We affirm diversity and are committed to creating an environment that recognizes the inherent value and dignity of each person.

UNIVERSITY COUNSELING CENTER

Saint Liam Hall, Third Floor

Phone: 574-631-7336

ucc.nd.edu

Hours of Service: 8:30 a.m. – 5:00 p.m. (Mon-Fri),
24-hour Urgent Crisis Telephone Consultation available at
574-631-7336

UNIVERSITY HEALTH SERVICES

TAKE CARE OF YOUR BODY AND YOUR MIND WILL FOLLOW.

Sore throats. Headaches. Concussions. Meningitis. While the severity of these illnesses varies widely, they can all affect your physical well-being, which in turn can affect your emotional well-being.

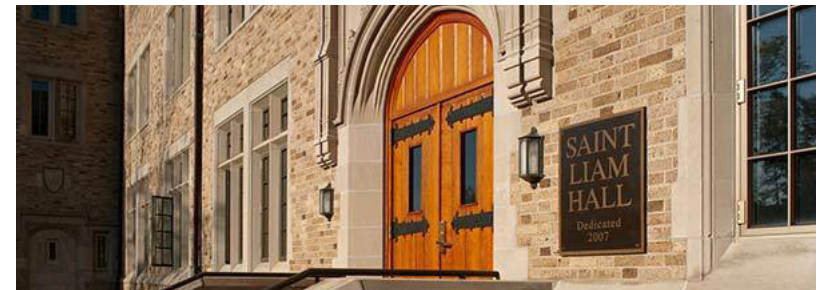
By being proactive about your health, you can stay well—and continue to function at your highest level.

AT UHS, YOU MIGHT:

- See any one of our five board-certified physicians for your primary care, women's health, sports medicine, travel medicine needs, and more
- Receive treatment from our psychiatric services provider
- Be evaluated by a registered nurse 24/7
- Get immunized
- Fill your prescriptions

Did You Know? 6 out of 10 Notre Dame students visit UHS at least once a year.

- Have an x-ray taken
- Engage in physical therapy
- Have diagnostic labs performed
- Consult with an insurance specialist



UNIVERSITY HEALTH SERVICES

Saint Liam Hall, First Floor

Phone: 574-631-7497

uhs.nd.edu

Office Hours (Academic Year Schedule)*

Physician Appointments: 9 a.m. – 5 p.m. (Mon-Fri)

Nurse Evaluation and Treatment: 24/7

Walgreens Pharmacy: 9 a.m. – 5:00 p.m. (Mon-Fri)

*check uhs.nd.edu for up-to-date hours

UNIVERSITY POLICIES

WE WANT YOU TO BE INFORMED

Dealing with a leave of absence or separation from a university you love is difficult enough; there's no need to complicate it by spending hours hunting for the proper university policies. That's why we've collected them all in one place.

SEPARATION/LEAVE OF ABSENCE

Sometimes the healthiest thing you can do is to take some time away. Separation/Leave of Absence policies can be found at <http://facultyhandbook.nd.edu/governance/>.

READMISSION

When you're ready to return to Notre Dame, you can find the Readmission policy at <http://facultyhandbook.nd.edu/governance/>.

EXCUSED ABSENCES

While Excused Absences are handled through the Office of the Provost, we wanted to include a link here, as it is a relevant and important policy related to emotional well-being. You can view Notre Dame's Excused Absence Policy at (<http://facultyhandbook.nd.edu/governance/>).

DISABILITY SERVICES POLICIES

From the Academic Accommodations Process to Student Grievance Policies, you can access Disability Services Policies at sarabeadisabilityservices.nd.edu/policies/.

HOW TO CARE FOR YOUR EMOTIONAL WELL-BEING

THE BEST DEFENSE IS A GOOD OFFENSE.

Taking proactive measures to discover an optimal state of emotional well-being is the best way to prepare for the emotional journey of young adulthood. Emotional well-being is a multifaceted state, influenced by a number of factors that you can control.

Follow these steps to good well-being and utilize both the national and campus resources available.

HOW TO CARE FOR YOUR EMOTIONAL WELL-BEING

THE SEVEN S's OF EMOTIONAL WELL-BEING

1. **Sleep.** Get enough sleep on a daily basis—a tired mind and body are poor allies in stressful situations.
2. **Sustenance.** Eat well, exercise daily, and learn some stretching techniques to help you relax. Avoid relying on false stress reducers like alcohol, caffeine, or nicotine.
3. **Solitude.** All of us need some time alone. Use that time to refill your emotional reserves, give your mind a chance to quiet down, and rest. The more you learn to quiet your mind (through meditation, relaxation, restful activity, and recreation), the more effective your solitude will be.
4. **Sharing.** Share your thoughts, emotions, hopes, and fears with someone else. Find people you trust enough to share your failures with, as well as your victories.
5. **Silliness.** At least once a week, do something fun that involves “play.” Nothing relieves stress and tension better than a good laugh.

6. **Spirituality.** Take advantage of Notre Dame’s open and inclusive faith community. Attend Mass. Join a small-group Bible study. Spend some quiet reflective time in the Grotto. In other words, if a particular religion or spiritual practice speaks you, put it into action in your life. If getting out in nature is a spiritual experience for you, go regularly. A strong sense of spirituality can give you perspective on your life and provide you with guidance and direction, which will help bring happiness to your day.

7. **Schedule.** Make time management a part of your life. Schedule time for all of the other “S’s.” The less time and energy you have to devote to finding the time, the more likely you can do things like exercise, play, or enjoy some solitude.

While you’ll experience emotional peaks and valleys as a student, if you remain proactive about your emotional health, you can develop resiliency skills, achieve balance in imbalance, and attain authentic happiness. By being in tune with your emotions and striving to stay balanced, you can discover ways to flourish.

HOW TO HELP A FRIEND



HELPING A FRIEND

Helping a friend who is struggling emotionally can be difficult—and can put strain on your relationship. Finding help for a friend is a multi-faceted process that involves:

- Recognizing warning signs
- Managing your expectations
- Taking action
- Understanding your limitations

HOW TO HELP A FRIEND

WARNING SIGNS

While symptoms will vary from person to person—and from illness to illness—the following are common warning signs that your friend may be in emotional distress:

- Loss of appetite
- Trouble sleeping
- Excessive absence from class
- Sudden and visible increase or decrease in weight
- Significant changes in concentration or motivation
- Sudden withdrawal from normal activities
- Emotional outbursts, crying, or aggressiveness
- Unexplained aches and pains
- Withdrawing from and/or fighting with friends and family
- Increased alcohol use
- Persistent negative thoughts
- Self-harm

- Inability to perform daily tasks
- Low energy
- Feelings of confusion or forgetfulness

EXPECTATIONS

The role of a peer supporter is not unlike that of a first aid responder: your goal is not to “cure” your friend or serve as their primary resource, but to support them while they seek help.

As defined by Mental Health First Aid, there are four primary goals to peer support:

1. Preserve life when a person may be in danger to self or others
2. Provide help to prevent the problem from becoming more serious
3. Promote and enhance recovery
4. Provide comfort and support

After ensuring safety, peer supporters should take the first steps to promoting recovery and well-being while understanding, listening, and empathizing.

LIMITATIONS

Much like traditional first aid, there are limitations when supporting someone with mental health concerns. A peer supporter serves as the first responder—you are the gatekeeper between your friend and professional assistance.

As a peer supporter, it is important that you acknowledge your limitations. You have the ability to be supportive and informed; you do not have the ability to control how your friend will respond. While it's easy to feel helpless in these situations, it's important to recognize that connecting someone in need to professional resources is the most helpful response.

To effectively support your friend, it's equally important to care for your own mental well-being. You can be a better supporter when you take care of yourself.

ACTIONS

Although a peer supporter isn't a professional, there are some ways you can help a friend.

1. Start a conversation.

The first step in starting a conversation is choosing a setting. While this conversation can be uncomfortable, selecting a place where your friend feels safe can alleviate some discomfort. Ensure that both parties have time for a conversation that doesn't seem rushed.

It is important to avoid overwhelming your friend when starting a conversation. A one-on-one approach is recommended, as it prevents the friend from feeling overwhelmed.

2. Be prepared.

The more educated you are prior to the conversation, the more constructive the outcome will be. As a peer, you can learn about the resources available to your friend and offer more effective support. Consult a professional for additional guidance.

3. Be there.

The best support you can offer a friend in need is to be present to them. Although you aren't their only form of support, having you in their corner will make all the difference. Try to stay up-to-date on their situation or needs. Show that you care and that you will be there with your friend no matter what.



SHOWING EMPATHY AND LOVE IS THE BEST THING A SUPPORTER CAN DO TO AID A FRIEND IN NEED.


By showing a willingness to support your friend, you help open the door to progress and recovery.

CAMPUS RESOURCES

Here are a few of the ways Notre Dame can help you help your friend:

- By attending an [Irish RespoND](#) workshop—a 60-minute, interactive “notice and respond” training program—you can learn how to recognize signs of distress in others and ways you might effectively respond. Visit mcwell.nd.edu to learn more about this program.
- Each year, the [Care Consultants](#) handle referrals from faculty, staff, students, and parents about loved ones who may be struggling with or distressed by academic, emotional, and social issues. The Care Consultants can connect your friend with resources and services to get through this difficult period in their lives.
- If you live on campus, members of your [Residence Hall Staff](#), such as an RA, AR, or rector, can connect you with the right resources on campus to help your friend.

In addition, if you need advice about how to help a friend, the [University Counseling Center](#) can also provide guidance for starting the conversation.



USING NATIONAL RESOURCES

RELIABLE RESOURCES

Active Minds: [activeminds.org](https://www.activeminds.org)

American Foundation For Suicide Prevention: [afsp.org](https://www.afsp.org)

Anxiety and Depression Association of America: [adaa.org](https://www.adaa.org)

Depression and Bipolar Support Alliance: [dbsalliance.org](https://www.dbsalliance.org)

Grad Resources: [gradresources.org](https://www.gradresources.org)

The JED Foundation: [jedfoundation.org](https://www.jedfoundation.org)

Mental Health America: [mentalhealthamerica.net](https://www.mentalhealthamerica.net)

NAMI: National Alliance on Mental Illness: [nami.org](https://www.nami.org)

National Suicide Prevention Hotline:
[suicidepreventionlifeline.org](https://www.suicidepreventionlifeline.org), 1-800-273-8255

Substance Abuse and Mental Health Services Administration
(SAMHSA): [samhsa.gov](https://www.samhsa.gov)

ULifeline: [ulifeline.org](https://www.ulifeline.org)

CONTACT

FEEL FREE TO CONTACT US

If you're ready to contact any of the departments in this booklet, you're taking the most important step in the process toward emotional well-being: action.

Care Consultants

305 Main Building

Email: careconsultants@nd.edu

care.nd.edu

Graduate Student Life

305 Main Building

Phone: 574-631-1221

Email: gradlife@nd.edu

gradlife.nd.edu

Rev. James E. McDonald, C.S.C.,

Center for Student Well-Being

Saint Liam Hall, Second Floor

Phone: 574-631-7970

Email: mcwell@nd.edu

mcwell.nd.edu

Sara Bea Disability Services

Sara Bea Center for Students with Disabilities

Phone: 574-631-7157

sarabeadisabilityservices.nd.edu

University Counseling Center

Saint Liam Hall, Third Floor

Phone: 574-631-7336

ucc.nd.edu

24-hour Urgent Crisis Telephone Consultation available at
574-631-7336

University Health Services

Saint Liam Hall, First Floor

Phone: 574-631-7497

uhs.nd.edu

If you believe this is an emergency situation requiring immediate attention, please contact Notre Dame Security Police (574-631-5555).



DIVISION OF STUDENT AFFAIRS