Be You,
Be Connected,
Be a Leader
Beach Ball
Icebreaker
Referral Pipeline

You are here

Social Connections

Strengths

Wellness Coaching
Student Wellness Services can help Balance your Wheel.
8 Dimensions of Wellness

- Physical Wellness
- Intellectual Wellness
- Emotional Wellness
- Spiritual Wellness
- Environmental Wellness
- Financial Wellness
- Occupational Wellness
- Social Wellness
UNI Mental Health Data

UNI NCHA Data - Spring 2019

- Felt overwhelmed
- Felt anxiety
- Felt lonely
- Felt hopeless
- Felt depressed

Past 2 weeks
Past 12 months

Mental Health Outcomes
What is Wellness Coaching?

Wellness Coaching is a way for you to reach your goals and create the life you want. It gives you the opportunity to explore your strengths while focusing on your health and well-being.

Wellness Coaching is:

- Strength-Based
- Student-Centered
- Goal-Oriented
- FREE for all UNI students
Mental Health Continuum (Keyes)

Languishing  Moderately Mentally Healthy  Flourishing

Target Population for Wellness Coaching (72% of adults meet criteria)
VIA Character Strengths
LEADERSHIP & MENTAL HEALTH
Students No Longer Enrolled In College Due to Mental Health

Other reasons
36.0%

Mental health
64.0%

NAMI College Students Speak: A Survey Report on Mental Health
Reasons For Not Seeking Mental Health Services

- Stigma: 24.0%
- Busy Schedule: 22.7%
- Hours of Service: 16.7%
- Lack of Information: 16.0%
- Long Wait time: 10.7%
- Other: 10.0%

NAMI College Students Speak: A Survey Report on Mental Health
STUDENT LEADERSHIP MATTERS

- 67% of students tell a friend they are feeling suicidal before telling anyone else.
- Students are 20% more likely to receive treatment on campuses that are perceived to be supportive of mental health issues than not.
- Student leaders set the tone on campus.
WHAT YOU CAN DO AS A LEADER

● Educate yourself

● Be proactive

● Create a safe environment
  ○ Talk openly
  ○ Make Mental Health Okay
  ○ Confront and Address Stigma

● Be the one that starts the conversation
HOW TO START THE CONVERSATION

● Ask twice
● Be compassionate
● Let them know you care
● Share why you are concerned
● Let them go at their pace
● Be yourself
HOW TO BE A GOOD SUPPORT

- Make yourself available
- Really listen—“It’s not all about what you say”
- Be emotionally supportive and encouraging
- Recognize your limits
- Keep the focus on them
- Be accepting and validate their feelings and situation
- Be willing to give honest advice when they ask for it
- Avoid the urge to fix
Referral Pipeline

Social Connections

Strengths

Wellness Coaching

Counseling

Other Resources

YOU ARE HERE
RESOURCES

- Counseling Center
- Student Wellness
- Dean of Students Office
- Student Health Center
- Resident Assistant
- Campus Police
- Accessibility Services
- Gender & Sexuality Services
- Military & Veteran Student Services
- Academic Advising
- Hot Lines and Chat Lines
you matter at UNI

January 27th-31st

FOR MORE INFORMATION AND A SCHEDULE OF EVENTS GO TO:
counseling.uni.edu/youmatter
Case Vignettes
Follow Student Wellness Services!
Thanks!

Let us know if you have questions!

Or ask us later:
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