

Well Devils Update

November 10, 2014

Sun Devils are Well Devils



Well Devils – Get Help When You Need It

Sadness, helplessness, anxiety, and/or loneliness are common responses to overwhelming or difficult experiences. Sometimes these feelings persist or worsen over time and can interfere with someone's ability to cope and manage daily activities such as school and relationships. If you think you are experiencing emotional [distress](#), seek help from [ASU Counseling Services](#). Call 480.965.6146 or walk in and be seen anytime between Monday-Friday, 8 a.m. - 5 p.m. Outside of business hours, call EMPACT's 24-Hour Crisis Line for ASU Students at 480.921.1006 to speak to a counselor..



Have You Really Talked With Someone Lately?

Share your thoughts and feelings today with someone who cares about you. Positive connections with friends and family can help sustain you in difficult times. To learn more, visit [ASU Wellness Depression and Suicide](#).



Wellness Activities & Events

[11/10 – 11/14 ASU Salute to Service Week, Campus-wide](#)
[11/10 – 11/16 Native American Heritage Month, Campus-wide](#)
[11/10 – 11/13 Register for Nov. 15 Red Watch Band Training, Tempe](#)
[11/12 & 11/14 Step Up! ASU Students Training, Tempe](#)
[11/13 HIV/STI Testing, Polytechnic](#)



Well Devils Resources

[ASU Counseling Services](#)
[ASU Health Services](#)
[ASU Salute to Service](#)
[ASU Wellness](#)
[Sun Devil Fitness](#)
[Well Devils](#)

*The Well Devils Update is produced by [ASU Wellness](#). For additional information, contact 480.965.4721 or email wellness@asu.edu

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