

Well Devils Update

November 3, 2014

Sun Devils are Well Devils



Well Devils – Help a Friend

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 a friend is experiencing emotional [distress](#), let them know you are concerned and recommend they 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.



Feeling Down? Get Some Exercise

Healthy behaviors such as adequate sleep, healthy eating and physical activity energize and nurture your body and mind. [Depression](#) is characterized by feelings of sadness, emptiness, worthlessness and/or loneliness lasting or not improving after a few weeks. If you are experiencing symptoms of depression, 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, please call EMPACT's 24-Hour Crisis Line for ASU Students at 480.921.1006 to speak to a counselor.



Wellness Activities & Events

- [11/3 – 11/7 Wellness Week, Tempe](#)
- [11/4 Farmers Market @ ASU Tempe](#)
- [11/4 Hashing out the Gray of Healthy Relationships, Downtown Phoenix](#)
- [11/5 Free HIV/STI Testing, ASU West](#)
- [11/6 Sparking the Fight Against Ebola Research Seminar, Tempe](#)
- [11/6 Sexual Assault Prevention & Response Panel, Tempe](#)
- [11/8 Devils on Mill and Sun Devil Football vs. Notre Dame, Tempe](#)



Well Devils Resources

- [ASU Counseling Services](#)
- [ASU Health Services](#)
- [ASU Wellness](#)
- [Sun Devil Dining](#)
- [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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