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. 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.

Do You Text More Than You Talk?

Put down the phone. Reconnect face-to-face. Take a walk with a friend, share a meal together or meet at the library to study. Learn more about relationships and why friends are important at Helpguide.org and ASU Wellness Healthy Relationships.

Wellness Activities & Events

4/1 – 4/30, ASU Sexual Assault Awareness Month
4/13 – 4/20 Register to attend Apr. 23 Local Resources Bicycle Class, Tempe
4/14 Psychological Destruction of Asian American Stereotypes, Tempe
4/17 Asian Pacific American Heritage Month Culture Night, Tempe
4/17 Recovery Forum, Tempe
4/18 2015 Ask Me About Respect Run & Walk 5k, Phoenix

Well Devils Resources

ASU Counseling Services
ASU Health Services
ASU Student and Cultural Engagement
ASU Wellness
Sun Devil Movement for Violence Prevention
Sun Devil Fitness

*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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