

Well Devils Update

April 13, 2015

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. 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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