

# Well Devils Update

April 6, 2015

Sun Devils are Well Devils



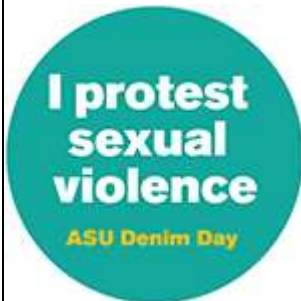
## Well Devils – Get Help When You Need It

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. 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.



## When Was The Last Time You Were Tested?

Know your Sexually Transmitted Infection (STI) status. Know your partner's STI status. Talk about it. STIs are infections passed between one partner to another during any form of sexual activity. Some infections have symptoms while others may not. Learn more about [STIs and getting testing at ASU Health Services](#).



## ASU Denim Day - April 9, 2015

For [ASU Sexual Assault Awareness Month](#), wear jeans and the ASU Denim Day sticker as a visible sign of protest against the myths that still surround sexual assault. Be a part of this international event that started in 1998 after an Italian Supreme Court judge overturned a rape conviction because the victim wore tight jeans. Wearing jeans became an international symbol of protest against erroneous and destructive attitudes about sexual assault. For more information, visit [ASU Wellness Denim Day](#).



## Wellness Activities & Events

[4/6 – 4/10 Consent/Sexual Wellness Week](#)

[4/6 – 4/10 ASU Celebrates Pride Week](#)

[4/6 – 4/13 Register to attend April 16 Introduction to Bicycle Mechanics, Tempe](#)

[4/7 Farmers Market @ ASU Tempe](#)

[4/7 Free HIV/STI Testing, Polytechnic](#)

[4/9 ASU Denim Day](#)

[4/9 Stress Management Workshop, Polytechnic](#)

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

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