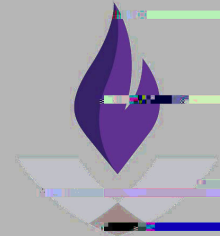


Knights Care Kit



Middle Tennessee
State University



Resources Available for YOU

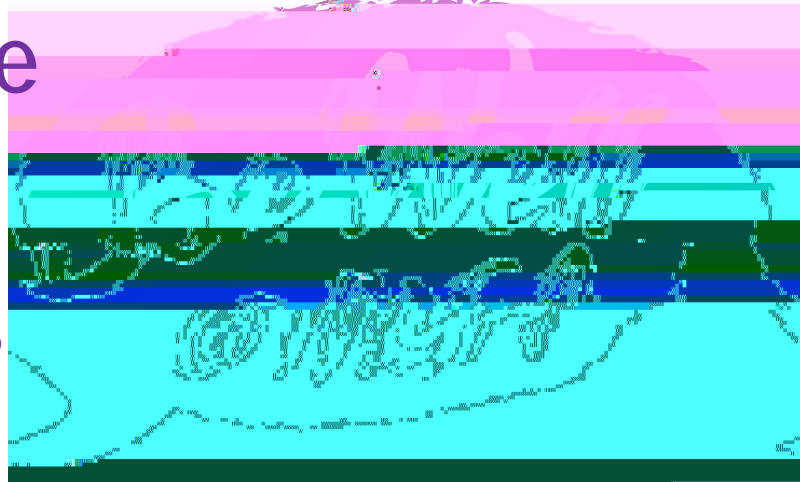
Counseling Services

- Macon Campus - Student Life Building 266
Phone: 478.471.2985
- Cochran Campus - Georgia Hall First Floor
Phone: 478.934.3080
- Fall/Spring Hours
Mon - Thu 8:00 a.m. - 5:30 p.m.
Fri - 8 a.m. - 12 p.m.
- Summer Hours (June-July)
Mon - Thu 7:30 a.m. - 6 p.m.

BeWell 24/7 Support Line: 1.833.910.3362

National Suicide Prevention Hotline: 1.800.273.TALK (8255)

Georgia Crisis Access Line: 1.800.715.4225



Ask for help when you need it!

BeWell@MGA

Additional mental health services for MGA students

- 24/7 Support Line**
- Telehealth & face-to-face counseling sessions**
- Mental health & wellness resources, articles & videos including a free Headspace subscription**
- Assistance with campus counseling**
- Build coping skills through self-guided emotion regulation support tools**
- Help with your mental health medication needs**

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.

Mindfulness involves acceptance, meaning that we pay

Color Me

Smile

Rejuvenate

Remember Your Self

Be a Stranger Play A Game

Smile Again

Give Your Phone A Turn

Remember Your Self

Stretch

Rejuvenate

Take A Deep Breath

act of care is never a selfish act. Self-care is never a selfish

ly good stewardship. It is simply

of the only gift I have. My gift was of the only

put on earth to offer others.

to the true self. Anytime we can listen

and give the care it

Your physical health can make a big impact on your mental health, so make time for it and

Self-Care Checklist

Today I:

Checked in with myself

I Am Grateful For:

Right Now I:

Feel:

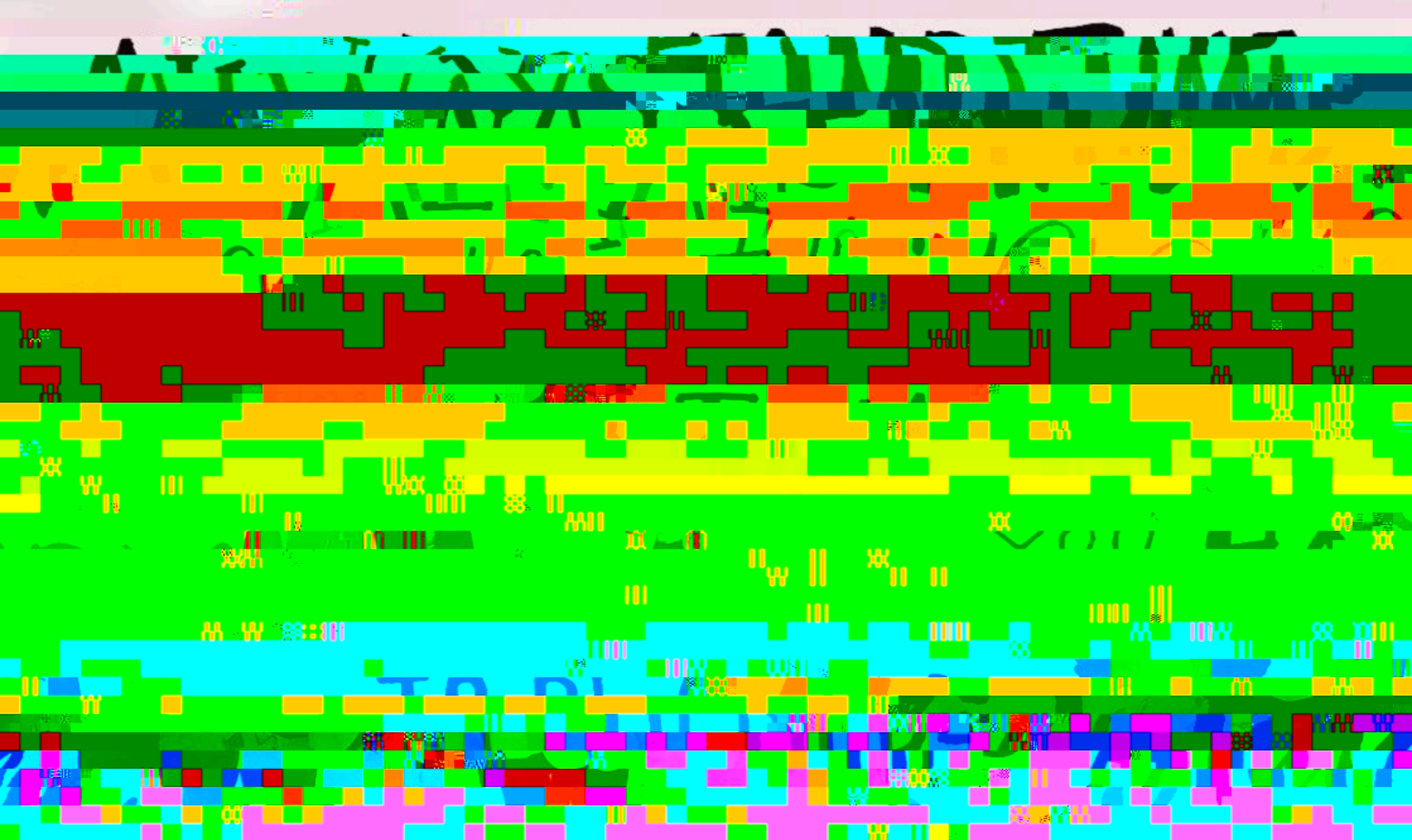
See:

Hear:

Smell:

Taste:

My Self Care Goals for Tomorrow:



Useful Contacts

Accessibility Services

478.934.3023

www.mga.edu/accessibility-services

Campus Police

478.934.3002

www.mga.edu/police

Career & Leadership Development

478.471.2714

www.mga.edu/center-career-leadership-development

Counseling Services

478.471.2985 or 478.934.3080

www.mga.edu/counseling-services

Diversity, Inclusion, & Equity

478.471.2327

www.mga.edu/diversity-inclusion-equity-office

Library

478.471.2709

www.mga.edu/library

Residence Life

478.934.3027

www.mga.edu/residence-life

Student Health Clinic

478.934.3027 or 478.934.3027

www.mga.edu/student-health-clinic



How helpful was your Knights Care Kit? Click on QR code and tell us.

