



Welcome to MindWise Cuesta College

Thank you for taking the time to learn more about MindWise screening which offers a comprehensive approach to mental health, substance use, and suicide prevention.

Unfortunately, we live in a time where the stigma surrounding mental illness prevents students from reaching out for help. Fortunately, promoting different strategies, such as offering prizes or sharing related information & resources, is a powerful way for students to feel motivated, and it also makes a statement that you and your friends believe this is an important topic and sends them the message that you are supportive of efforts to destigmatize mental illness.

We hope you'll consider joining us in creating a healthy, positive environment at our campus!

General ways to engage other students:

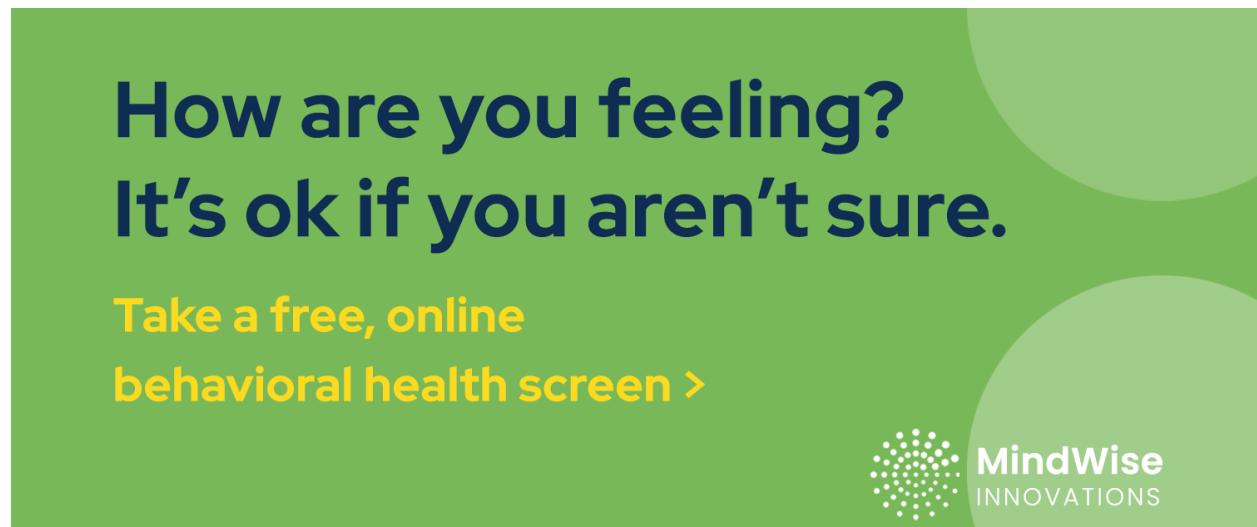
- Ask your friends: How are you feeling today? It's ok if you aren't sure. Did

you know we have some resources available for us?

- Keep up to date with the events and activities that we promote from the Health Center. Follow us on [social media @cuestahealthcenter](#) or visit our [news & events web page](#).
- Contact us, we can help you designing a short presentation about our services, creating a mindfulness workshop, movie forum, or inviting one of our team members to discuss any topic related to well-being and mental health.
- Share promotional material: check [our website](#) to download promotional flyers and videos, or contact us if you need help.
- Incorporate [MindWise screening](#) into your class/club discussions, informal conversations with friends, and social media.


Students invitation.

Dear Student,



**How are you feeling?
It's ok if you aren't sure.**

**Take a free, online
behavioral health screen >**

 MindWise
INNOVATIONS

At Cuesta College, your overall well-being is our #1 priority.

Behavioral health - which includes mental health, substance use and more- is a key part of your overall well-being. Brief screenings are the quickest way to determine if you or someone you care about should connect with a behavioral health professional. Think of these as a checkup from your neck up. This program is completely anonymous, confidential, and do not transfer with your academic records.

Seventy-five percent of behavioral health conditions are diagnosed by the age of 24. Initial symptoms often appear during the college years, when exploratory behaviors with substances and alcohol also begin. The college years are an exciting time of personal growth, but they can also bring academic, social, and financial pressures, which can worsen underlying mental health and substance use issues.

By taking a brief MindWise Screening, students can learn if they have a behavioral health issue and learn signs and symptoms. Immediately following the brief questionnaire, you will see your results, recommendations, and key resources.

Students can take the screening on their phone, a laptop, or tablet – anonymously and from the privacy of their own dorm room. [Click here to take a screening](#)

Questions: Please contact the [Student Health Center](#) or visit our [website](#).