How is your mood?

Anxiety, depression, and relationship issues are the top presenting concerns at Psychological Services. These concerns are also reflected at counseling centers across the country. The results from Bucknell’s participation in the National College Health Assessment in 2011 revealed that 30% of females and 28% of males reported they felt so depressed that it was difficult to function within the last 12 months, and 52% of females and 41% of males reported that they felt overwhelming anxiety within the last 12 months.

How is your mood? Psychological Services provides a free, confidential online screening tool (http://www.mentalhealthscreening.org/screening/bucknell) to learn if you are experiencing symptoms of anxiety, depression, or other mental health concerns, as well as to determine if it might be helpful for you to schedule a meeting with a counselor at Psychological Services. You may also look for self-help tools including relaxation and mindfulness exercises on the Psychological Services website. Just visit http://www.bucknell.edu/psychservices, and click on ‘Self Help’.

Still have questions about the Medical Amnesty policy?
Please see the Student Handbook for more information:

Prevention, continued...

Preventing sexual misconduct and dating violence requires that we as a community come together to address these issues individually and collectively. In addition to positive bystander behavior, there are also other important ways in which one can prevent /reduce the risk that sexual misconduct and dating violence may occur:

Communicate. Make sure to communicate your interests in sexual activity, honestly and directly, and give your potential sexual partner the opportunity to do the same. Do not make assumptions. If you have any questions about what your partner wants, STOP, ASK, CLARIFY.

Allow your potential sexual partner to make their own decisions. If they seem unsure about whether they want to engage in sexual activity, don’t try to guilt or manipulate them into giving in. Respect their decision. Consent is not achieved through coercion.

If you think you are getting a mixed message from someone you want to have sex with, speak up. Ask them to clarify what they want. If you find yourself in a situation with someone who is unsure about having sex or is saying “no,” back off. Talk about it.

Separate desire from action. Your desires may be beyond your control, but your actions are your responsibility.

Be aware of your surroundings on dates and at parties. Think about appropriate places to meet where you and your friends will feel safe and in control. Have a backup plan for getting home in case you need it.

Trust your gut feelings. If you feel uncomfortable your instincts are probably right. Don’t worry about hurting someone’s feelings or being nice. Just because you may have shown an interest in someone doesn’t mean you are obligated to do anything you don’t want to do.

Take care of your friends and yourself. Stay with your friends and in public areas at parties. If you choose to drink alcohol, please do so moderately so you can more effectively watch out for each other.