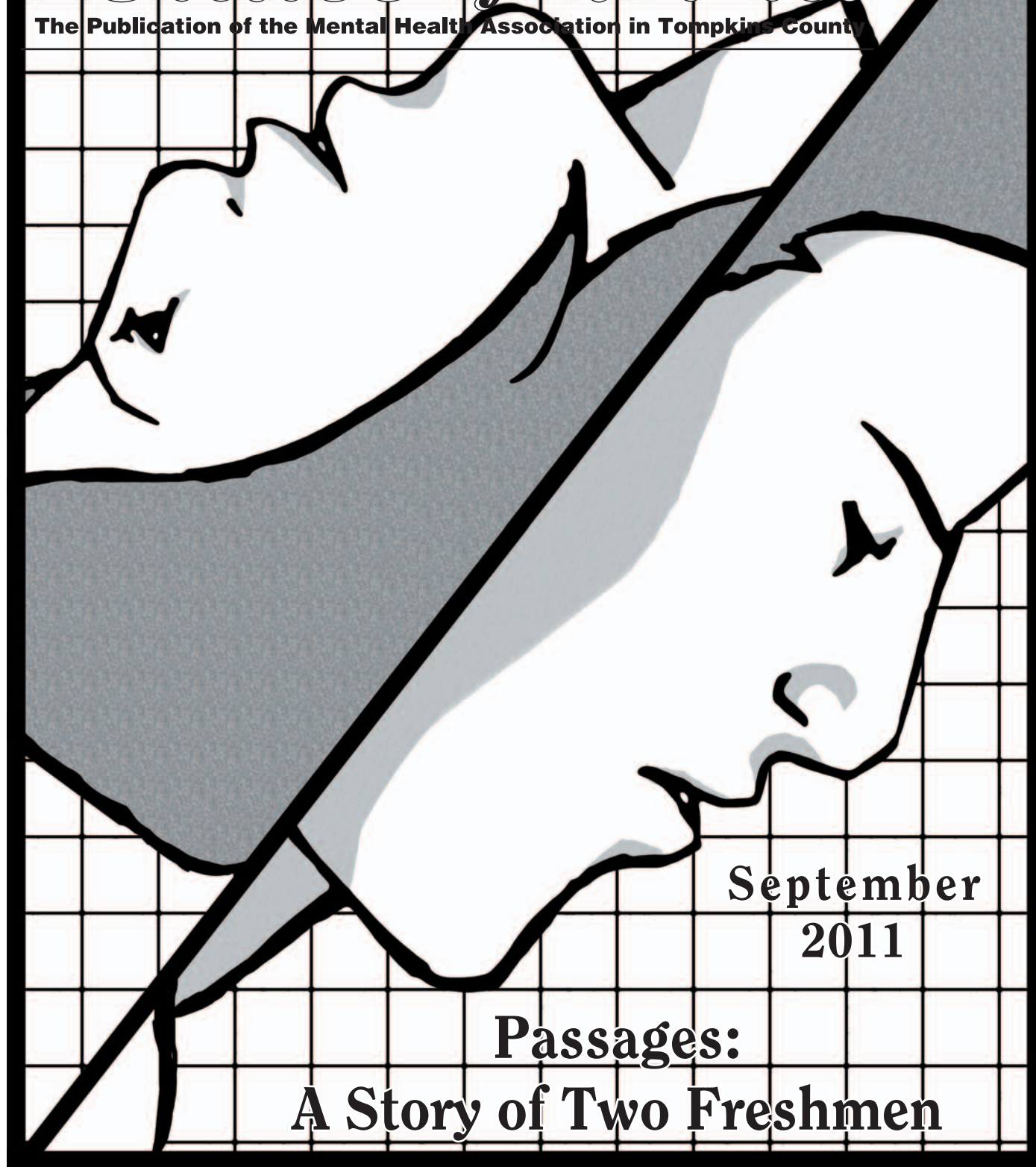


States of Mind

The Publication of the Mental Health Association in Tompkins County



September
2011

Passages: A Story of Two Freshmen

To understand and improve the mental health of our community

advocacy • information • education

Alex



My Housing Information

Alex Smith

ID: 005602419

Taylor Hall

Roommate(s): Sarah Newman

Roommate(s): Sarah Newman

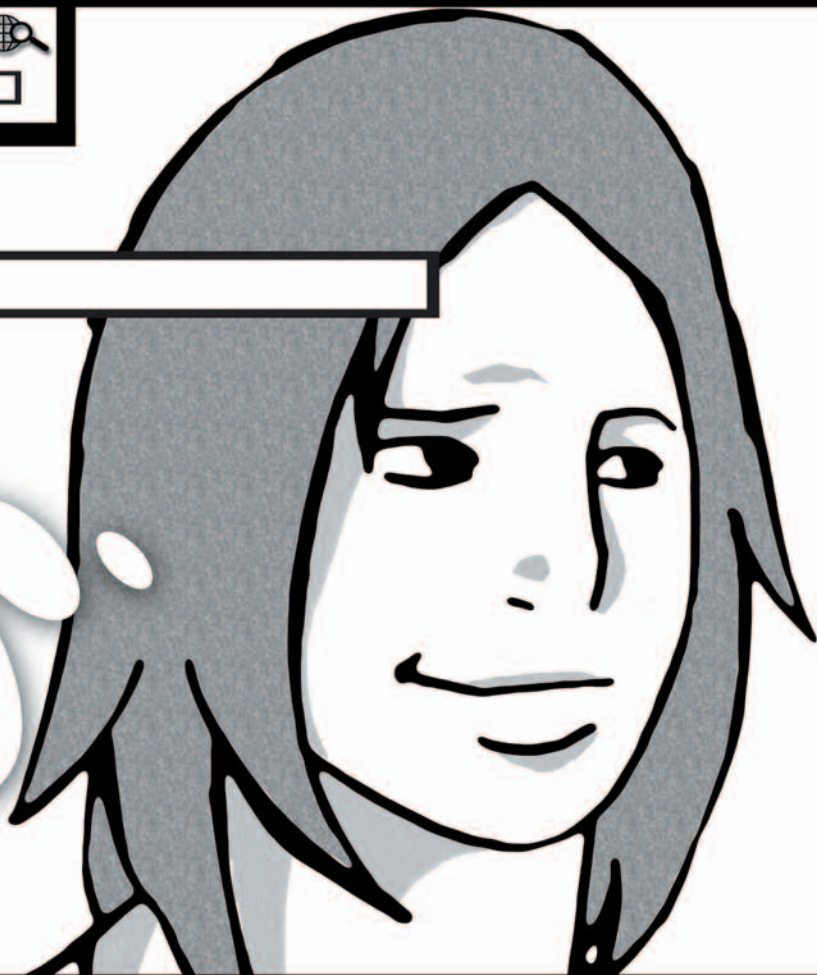


profile space™

Search

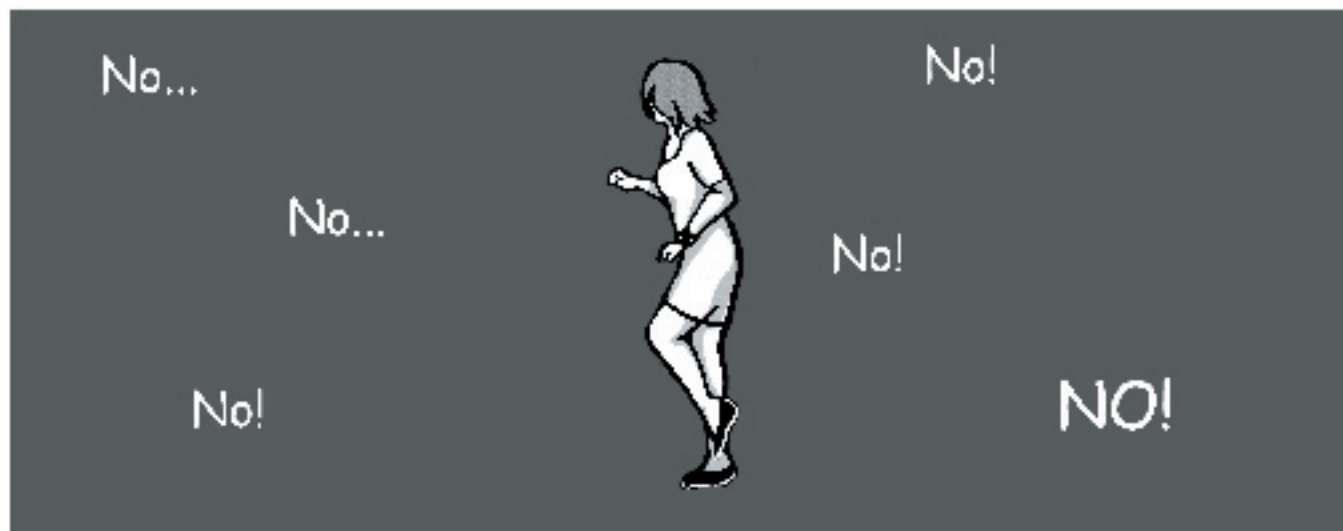
Search Sarah Newman

CLICK









Why did I come to this school?
This was such a bad idea,
I shouldn't be here!
Please let me go home.
I don't want to be here.
I don't want to be alone.
It's too noisy, everyone's so loud.
Please be quiet.
I can't stand everyone's voices.
It's unbearable.
Everyone just be quiet.
Just shut up. I can't stand any of you.
Just stop.
Stop. Stop.
Stop.
Stop.
Stop.
Stop.





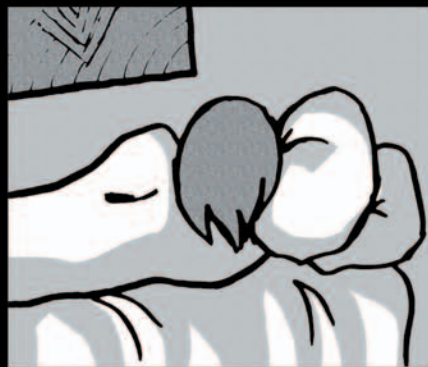
OCTOBER '11:	MIDTERM GRADES
Film Study/Discussion	F
Intro Bio Lab	D
Intro to Accounting	F
20th-21st cent. History	D
WRT 205	F



You need to
come home Alex.




You have no idea what it's like
to be home with mom and dad
worried like this.




Can I
come in?

Sure.






We scheduled an appointment with a psychologist for tomorrow. Our family doctor highly recommended her.




I should've told you guys what was going on sooner.

How nervous I was.



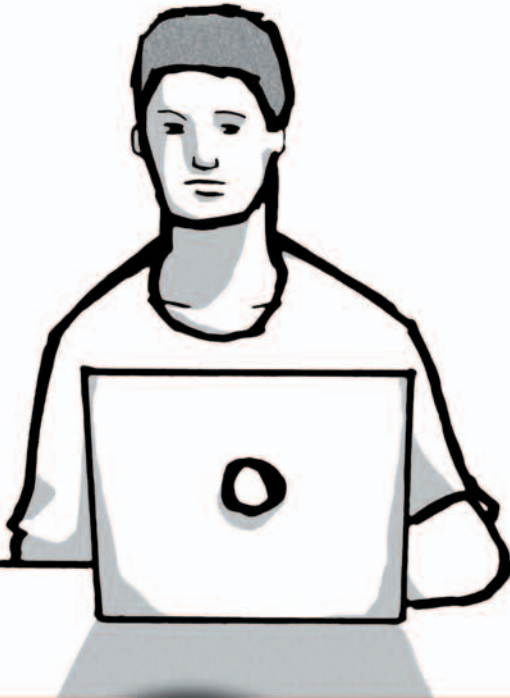
While you're home we're going to figure out what's going on but you have to be honest with us.

We're going to work on this so you can go back next year.



I'm kinda scared. I guess I'll try.

Daniel



My Housing Information

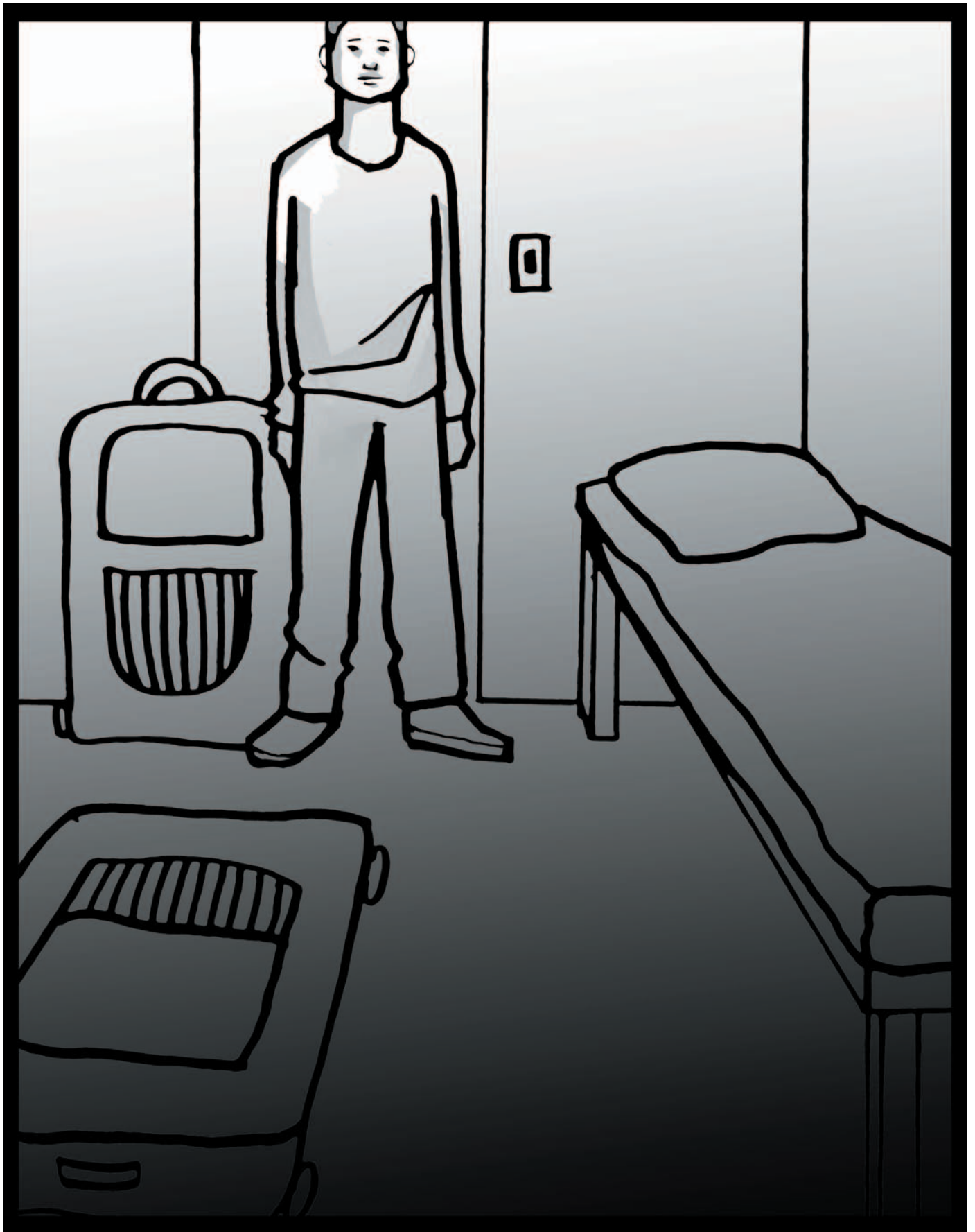
Daniel Young	ID: 372039401
James Hall	Roommate(s): None

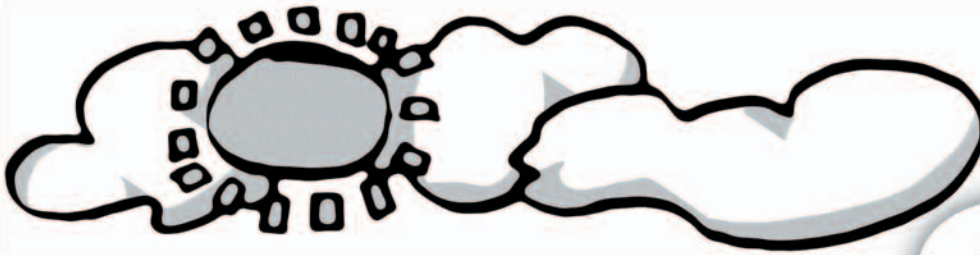
My Housing Information

Daniel Young	ID: 372039401
James Hall	Roommate(s): None

No way...







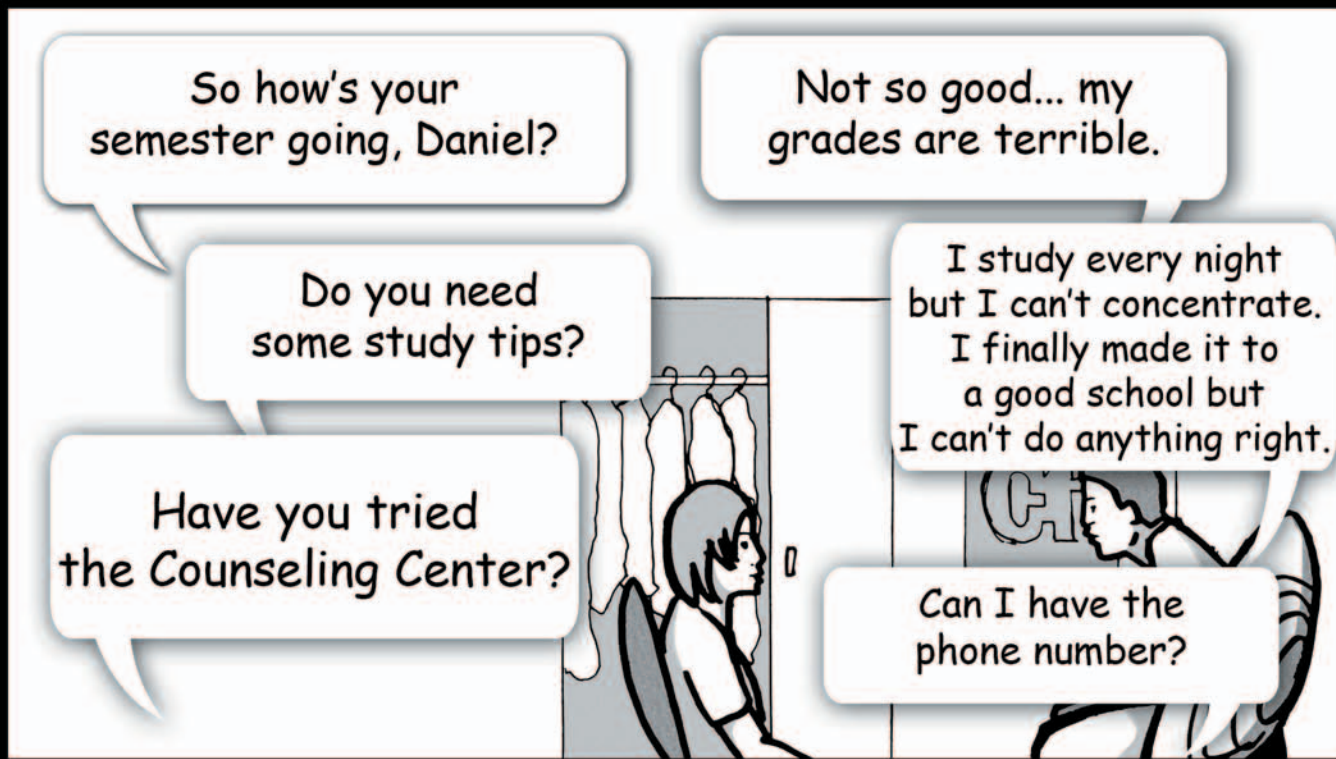
Why did I have to introduce myself like such an idiot? I'm not 10 anymore... they must've thought I was such a jerk. Arrgh... why can't I be cooler? Why can't I be chiller? I don't know what's wrong with me. Why should I even bother trying?



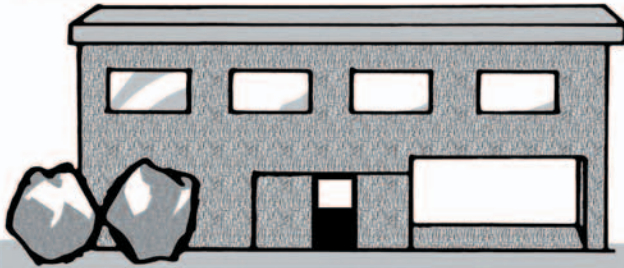


OCTOBER '11: MIDTERM GRADES

Film Study/Discussion	B
Intro Bio Lab	F
Intro to Accounting	F
20th-21st cent. History	D
WRT 105	D



At the Counseling Center



Tell me what's
happening with
you Daniel.



I've been having
trouble in class.
I think it's my ADHD.
I didn't tell anyone at
school because I
wanted to be normal.

It's okay. If you
go to Student Services
they can give you
tutoring and even
extra time on tests.

They can help you
keep up with your
studies.

Really?

That would
be really helpful.

Thanks for
helping me study,
Steph.

No problem.



Yeah!

Wanna
get some
coffee?

SPRING '12:	TERM GRADES
Advanced Film Studies	B+
Intermediate Bio Lab	C
Calculus	C
Drawing For Non Majors	B
WRT 205	B-



Get the information you need!

Reach Out: (www.reachout.com)

Half of Us: (<http://www.halfofus.com>)

The Jed Foundation: (<http://www.jedfoundation.org>)

American College Health Association: (www.acha.org)

ULifeline: (<http://ulifeline.org>) (Factsheets and resources)

Yellow Ribbon Suicide Prevention Program:
(<http://www.yellowribbon.org>)

APA's College Mental Health Page: (<http://www.healthyminds.org>)

People Prevent Suicide: (<http://peoplepreventsuicide.org/>)

OCD Chicago: College Student Guide to OCD: (<http://www.ocdchicago.org>)

Active Minds: (<http://www.activeminds.org>) (Resources, support, self evaluation)

NAMI's Networking Site for Young Adults with Mental Illness: (<http://strengthofus.org>)

Campus Health and Safety: (<http://www.campushealthandsafety.org>)

Screening for Mental Health, Inc: College Response:
(<http://www.mentalhealthscreening.org/college/>)

Suicide Prevention Lifeline: 1-800 TALK (8255) (Crisis Hotline)



Sources for Information and Referral:

New York - MENTAL HEALTH ASSOCIATION IN NEW YORK STATE, INC.
(<http://www.mhanys.org>)

Mental Health America: (<http://www.nmha.org>) (Factsheets, information, referral)

New York - MHA in Tompkins County (Ithaca) (<http://www.mhaedu.org>)

MHA of Cortland County, Inc. (Email: mhacortland@odyssey.net)

MHA of Onondaga County, Inc. (<http://www.mha-oc.org>)

MHA of Rochester/Monroe Counties, Inc. (<http://www.mharochester.org>)

MHA of the Southern Tier, Inc. (<http://www.yourmha.com>)

This publication was created, written, and produced by Cara Luddy in collaboration with
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