

Mental Health Matters

NEWSLETTER



SEPT/OCT 2020 • ISSUE 1

Mental Health Matters

Welcome to Kishwaukee College's first issue of Mental Health Matters Newsletter.



Students, faculty and staff can learn about the great resources, services, tools and tips in dealing with mental health in this newsletter. According to mentalhealth.gov, mental health includes emotional, psychological and social wellbeing.

At Kish, our first priority, is you — the person, the individual, the student! *Mental Health Matters Newsletter* seeks to break the barriers and stigma around the words "mental health" and provide information for the everyday life.

This bi-monthly newsletter will feature services on and off campus, spotlighting agencies, community involvement and highlight awareness months.

Mental health problems are actually very common. In 2018, about:

- One in 5 American adults experienced a mental health issue
- One in 6 young people experienced a mental health disorder each year
- One in 25 Americans lived with a serious mental illness, such as schizophrenia, bipolar disorder or major depression

For additional information on services or to schedule an appointment with our Counselor, Carolyn Kernan, visit our:

www.kish.edu/personalcounseling

Source: nami.gov

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Safe Passage — No One Deserves to Be Abused

Learn more about what Safe Passage is and what they offer.

Kody's Cupboard **2**

Kody's Cupboard is Kishwaukee College's very own food pantry, serving all current Kish students.

3 Ways to Relieve Stress **3**

Learn simple ways to help you manage stress and create a positive environment for yourself.

If you need any assistance please reach out to Student Services at 815-825-9375 or email dlee2@kish.edu



3 Ways to Relieve Stress

Stress is your body’s way of responding to any kind of demand or threat.

The body’s natural response to protect automatically kicks in and is known as the “fight or flight” response. To help the body deal with the everyday stressors of life. Here are 3 ways to help relieve stress:

Connect with Others: During the pandemic, creative ways have been implemented to see loved ones, friends and/or family virtually. FaceTime, and zoom meetings are other ways to connect with people while staying healthy.

Journal: Writing your thoughts, aspirations for the future or simply the events of the day can help relieve stress and get things off your mind for a bit and onto the page. It’s yours to reflect on or toss, either way journaling helps to minimize stress.

Get Active: Physical activities such as going on a walk, household chores, gardening, or even a bike ride can help reduce stress and take your mind off stress related topics.



Source: helpguide.org

Kody’s Cupboard

Kishwaukee College has it’s very own food pantry, serving all current Kishwaukee College students.

The mission of Kody’s Cupboard is to provide supplemental resources to alleviate hunger and meet basic needs for the Kish College campus community. The products available include non-perishable food and feminine hygiene products.



Currently, Kody’s Cupboard is operating with a curb-side pickup procedure and orders must be pre-ordered. This is much like any other online grocery shopping experience. Open on Tuesdays from 9 am to 2 pm at the Student Center Drive in front of Door 6.

Orders can be placed by filling out the order form found on the:

www.kish.edu/kodyscupboard



Please Note:

1. Orders must be submitted by Monday at 12:00 pm. Orders placed after 12:00 pm will not be available until the following week, unless notified otherwise.
2. If you have transportation constraints or are not able to pick up your items on Tuesdays between the hours of 9:00 am and 2:00 pm, please email studentlife@kish.edu to explore other options.

Donations and/or non-perishable food items are being accepted anytime. Cash or check (made out to Kishwaukee Foundation) can be brought to the Administrative Office, Room C2160.

Food donations can be dropped off daily to the Student Involvement Office, Room C1128.

For more information please call 815-825-9527 or email studentlife@kish.edu