

study rest teach work learn think live play train

**be well.**

*Of all the things we have to do, all our tasks and responsibilities, we must be well. We care about your well-being, and UWA Counseling Services can help if you are experiencing struggles that affect your ability to function and enjoy your daily life.*

## Feel like it's you vs. the world?

Is the weight of the world on your shoulders? The older we get, the more that cliché makes sense to us. We feel it when we wake up in the morning and when we finally crash at night, our minds spinning nonstop. But you're not a team of one. Who else is on your team?

- classmates who have similar deadlines and schedule demands
- friends who want to help you reach your full potential
- family members who share your genetics and may struggle silently
- co-workers who need your encouragement as much as you need theirs
- counselors who hear your struggles without bias and help you work through them

>> Often, people avoid or delay seeking treatment due to concerns about being treated differently or fears of losing their jobs and livelihood. That's because stigma, which is prejudice and discrimination against people with mental illness, is still very much a problem and creates barriers to well-being.

**Kick the stigma, talk to someone, or be the person another can talk to when they need help.**

### UWA Counseling Services

@ [jcoleman@uwa.edu](mailto:jcoleman@uwa.edu)

 205-652-3651

 Foust Hall 7

### Campus Emergency

 205-652-5555

WELLNESS TIP AND  
ENCOURAGEMENT  
PROVIDED BY

UWA Counseling Services

SOURCE

[www.psychiatry.org](http://www.psychiatry.org)

**You are not alone.**



ALABAMA | P | A | R | TOGETHER

1-888-442-1793

Any individual, including but not limited to, children, older adults, individuals with disabilities, healthcare professionals, first responders, and administrators working on the frontlines who are experiencing stress or anxiety related to COVID-19, may call the Alabama Apart Information Line at 1-888-442-1793 to be connected with appropriate staff and programs in West Alabama to provide vital resources and services.