



# COLLEGE OF MICRONESIA-FSM



## Connection and Mental Health

<b>Stay Connected</b>	<b>Protect Your Mental Health</b>
Join a club, team, or group you enjoy	Use campus counseling or wellness services when stressed or overwhelmed
Talk honestly with at least one trusted friend	Attend a workshop or mental-health event
Check in on a friend once a week	Express gratitude in real time
Study or hang out with classmates instead of always alone	Set one small self-care goal today (sleep, walk, breathe)
Help others through tutoring, volunteering, or student-org work	Reach out to family or home-community when you miss them

Call or email the counseling office for academic or mental health support.



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