

# Top 10 list for students on how to **do something.**

10. Go to the “**do something.**” kick-off campaign on October 17<sup>th</sup> in the basement of the Michigan Union (11–4pm) or on October 24<sup>th</sup> at Pierpont Commons (11 to 4pm) and pick up free stuff!
  9. Register for MiTalk ([mitalk.org](http://mitalk.org)), the new, interactive student-focused, mental health website launching in January of 2008.
  8. Visit the CAPS website ([www.umich.edu/~caps](http://www.umich.edu/~caps)) and learn more about mental health.
  7. Sign-up for QPR training on the CAPS website and learn how to *Question* a friend about suicidal thoughts, *Persuade* them to get help and *Refer* them to the appropriate resources.
  6. Listen and be a friend. Talk to your friends in ways that reduce the stigma of seeking help.
  5. Volunteer with student groups supporting wellness (e.g., SHARE, PULSE, Finding Voice).
  4. Drop-in at CAPS on Fridays from 12:15 to 1:00 and learn about more effective stress management and relaxation strategies.
  3. Take an anonymous on-line screening ranging from depression, anxiety, alcohol use or eating disorders located in the Common Concerns section at [www.umich.edu/~caps](http://www.umich.edu/~caps).
  2. Be compassionate with yourself and engage in self-care activities (e.g., get enough sleep, eat well, exercise, laugh, connect with others).
- And the number one way to do something.....
1. Share this list with a friend and **do something.**

Counseling and Psychological Services

