

NOTES FROM NURSE LARA

Happy New Year, and welcome to the spring 2012 semester! As you prepare to meet the academic challenges, Health Services wants to remind you about **emergency preparedness**. Do you have your disaster supplies? Does your family have an emergency plan in case of separation? Do you have 3-7 days worth of water and canned food? Do you have working flashlights with batteries and candles/matches? Do you have a non-electrical telephone in case the power goes out? Please check out the links for emergency preparedness so you can be ready!

To our new students, returning to school or starting college can be very stressful. Sometimes college can put additional strain on your finances or personal life and it may seem overwhelming. That's when it's time to take a deep breath, and give Health Services a call. We can help you apply for **FREE personal counseling** with one of our excellent counselors, or you can apply online by clicking on our Psychological Services link for the application. We also have mental health resources listed on our website, so be sure to check those out as well.

To your good health,

Nurse Lara