

# WARNING SIGNS of Distress

While many students recognize the warning signs and seek help on their own, families can make a difference by being aware of distress indicators, including:

- Significant changes in sleep or eating habits
- Personal hygiene deterioration
- Significant changes in behavior
- Angry or threatening outbursts
- Thinking or expressing ideas/thoughts of harming themselves or others
- Changes in levels of functioning (e.g. decreased academic performance, social withdrawal)
- Evidence of drug or alcohol abuse
- Paranoia
- Anxiety, nervousness or agitation
- Forgetfulness or difficulty concentrating
- Low energy level or continuous sadness
- Irritability or low frustration tolerance
- Significant weight gain or loss
- Procrastination

## REDUCING STRESS

Good health is about balancing life in all areas. Here are some tips for encouraging and supporting your student's wellness.

### ■ Sleep

Too little sleep results in decreased motivation, memory and concentration.

By studying well before exams and learning to take regular study breaks, students can avoid burnout and fatigue.

### ■ Healthy Diet

Balanced meals help build a healthy immune system. UC Irvine's food service offers students healthy menu options.

### ■ Relaxation

Relaxation decreases metabolic heart rate, blood pressure, breathing rate and muscle tension. Deep breathing and stretching help manage test anxiety and improve academic performance.

### ■ Involvement

Building relationships outside the classroom provides students significant mental health benefits and a break from academic routine.

### ■ Exercise

Along with maintaining fitness, exercise can help students make friends, relax after a test and allow time for reflection.

### **UCI Campus Recreation and Anteater Recreation Center (ARC)**

**[www.campusrec.uci.edu](http://www.campusrec.uci.edu)**

Offers intramural and club sports, workout options, nutrition and healthy cooking classes, outdoor adventures and more.

 **STUDENT AFFAIRS**  
UNIVERSITY of CALIFORNIA • IRVINE

## Parent Guide to

# HELPING A DISTRESSED STUDENT

FOR  
STUDENTS  
TOO!



**Be Well**  
AT UCI IRVINE

# UC Irvine CAMPUS RESOURCES

Students at academically competitive universities like UC Irvine commonly experience stress in the transition to college life.

While most students adjust well to the change, some may become depressed, anxious, experience eating disorders or abuse alcohol and drugs.

All of these problems can interfere with academic performance and seriously threaten student health.

Parents and families can help students restore balance and emotional wellness by being aware of and suggesting options for support and services at UCI.



## Safety

### Medical or police emergency

#### CALL 911

UCI Police will dispatch help to you.

### Safety questions, or to report a crime

#### UCI Police Department

824-5223 (non-emergency)  
UCI Police Department  
100 Public Services Building  
[police.uci.edu](http://police.uci.edu)

### Dusk to dawn safety escorts

#### CSO Safety Escort Program

824-7233 (824-SAFE)  
UCI Police Department  
100 Public Services Building  
[police.uci.edu/services/safety\\_escorts.html](http://police.uci.edu/services/safety_escorts.html)

## Dispute Resolution

### Help solving a problem

#### Office of the Ombudsman

824-7256  
205 Multipurpose Science and  
Technology Building  
[www.ombuds.uci.edu](http://www.ombuds.uci.edu)

## Disability Assistance

### Temporary or permanent

#### Disability Services Center

824-7494  
TDD 824-6272  
100 Disability Services  
Building 313  
[disability.uci.edu](http://disability.uci.edu)

All phone numbers are Area Code 949.

## Crisis & Stress

### Crisis response help, information, referral on sexual assault issues

#### Campus Assault Resources & Education (CARE)

824-7273  
G320A Student Center  
[www.care.uci.edu](http://www.care.uci.edu)

### Feelings of anxiousness, depression, stress

#### Counseling Center

824-6457  
203 Student Services I  
[www.counseling.uci.edu](http://www.counseling.uci.edu)

## Mental & Physical Wellness

### Questions on health topics, nutrition, birth control, or alcohol and other drugs

#### Health Education

824-9355 (824-WELL)  
G319 Student Center  
[healtheducation.uci.edu](http://healtheducation.uci.edu)

### Health concerns, sickness, dental or eye care, or questions about undergrad and graduate health insurance (UC SHIP)

#### Student Health Center

824-5301  
501 Student Health  
[www.shc.uci.edu](http://www.shc.uci.edu)