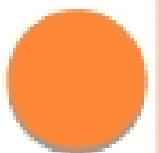


DISCLAIMER

- **EVERYONE** feels anxious or a little down at some point in their life
- **A LOT** of people drink or try substances at some point in their life
- **MOST** people have weird eating habits every now and then
- **THIS DOES NOT MEAN YOU HAVE A MENTAL HEALTH DISORDER!**
- **WE** are talking about **CLINICALLY IMPAIRING** levels of these things



THAT BEING SAID....



- If you do believe that you meet criteria for a disorder that we discuss in class and need help:
 - Come talk to us
 - Student Counseling Service
 - Free to current students
 - Sessions for one semester maximum
 - (979) 845-4427
 - TAMU Psychology Clinic
 - Sessions on a “sliding scale”
 - For current students or community members
 - (979) 845-8017

