

S.T.A.H.L. NEWS

Students Talking About Healthy Lifestyles

Brought to you by the Indiana University of Pennsylvania Counseling Center

Nov 20, 2023

STAYING FOR THE HOLIDAY?

LOCAL FOOD PANTRIES

- Salvation Army | 724-465-2530
- Chevy Chase Community Center | 724-463-0674
- Indiana County Community Action Program | 724-465-2657
- Indiana Borough Food Bank | Trinity United Methodist Church
- White Township Food Bank | Indiana Mall
- Love Basket Foundation | 724-357-9709

WHERE TO GET A FREE THANKSGIVING DINNER

- Chevy Chase Community Center | 11/22 from 11:30-12:30
- Salvation Army | 11/23 @The Eagles from 12-2 pm



MENTAL HEALTH SUPPORT APPS

- Clarity | Free app for managing stress, anxiety, and low mood
- Down Dog | Free app w/IUP email Meditation app to help you relax!
- Togetherall | Safe online community to receive support for well-being

SELF-CARE

- Don't forget to take care of yourself!
- This holiday is likely to be especially stressful, so make sure you maintain a self-care and wellness plan.
- Incorporate mindfulness and self-care into your day to help you feel grounded.

togetherall



CRISIS RESOURCES

- Armstrong-Indiana Crisis Hotline
1-877-333-2470 or Text *Hello* to 741741
- National Suicide Prevention Lifeline
1-800-273-8255
- Campus Police 724-357-2141

Closed
11/22-11/24

IUP COUNSELING CENTER
MONDAY - FRIDAY 8 AM - 4:30 PM
WALK-IN HOURS MONDAY - FRIDAY 1-3 PM
724-357-2621 | COUNSELING-CENTER@IUP.EDU
CENTER FOR HEALTH & WELL-BEING, G31
WWW.IUP.EDU/COUNSELINGCENTER