



Eagles baseball team's run as the  
NCAA Regional Champions with a  
53-win, record-setting season, it's  
a battle cry or a call to action that  
references the majestic flight of  
our Golden Eagle mascot. If you  
are confident, determined or  
passionate, then you say  
"Wings Up."

# SOAR '23

**Student Orientation, Advisement and Registration**



# J.J. Oakley Campus Health Services

## Services provided to keep students healthy

- General medical and nursing care for acute, urgent and minor medical issues
- Physical exams, vaccinations, allergy injections, laboratory services
- Medications dispensed onsite



AMERICAN  
COLLEGE  
HEALTH  
ASSOCIATION

INSTITUTIONAL MEMBER

# Be Well

Medical and nursing staff consider patient education a prime responsibility making each patient's visit an educational experience.

## Schedule an appointment

Phone: 931-372-3320

Online through the Eagle  
Wellness Portal located on Tech  
Express

Office Hours: Monday-Friday  
8 a.m. - 4:30 p.m.





# Health Services Staff Welcomes You!





# The Accessible Education Center (AEC) Team is Here for You!

- If you received academic adjustments or accommodations in high school, chances are you can receive accommodations here at Tech.
- If you find yourself struggling academically, and think it may be disability-related, schedule an appointment with the AEC.
- The AEC provides equal access to students with disabilities and it's confidential.
- Last year, over 639 students identified with and requested services through the AEC.



The AEC is located in the RUC main floor next to the elevator, across from the cafeteria and Eagle Card.

[www.tntech.edu/disability](http://www.tntech.edu/disability)



# Fitness and Wellness

- Free Group Fitness Classes for Students
  - Spin, Yoga, Zumba, HIIT, Dance
- Equipment Orientation and Personal Training to help students find their FIT.
- Wellness and Nutrition Education
- Outdoor equipment rentals



The Office of Fitness and Wellness is located in the Burnett Recreation and Fitness Center, Room 178.



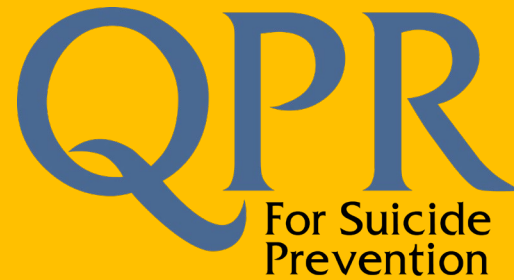


# Counseling Center



- 6 Licensed Clinicians
- Clinical Coordinator
- 2 Graduate Clinicians
- Clinical Grad Assistant
- Psychiatric Nurse Practitioner

# Prevention Resources



**POWER OF  
PUTNAM**  
Uniting for  
a Drug-Free Community



Soaring Eagles Peer  
Educator Program  
  
Clinical Coordinator  
Flexible Care Program



# Normal

## Behavioral Changes to Expect

- Some pulling away
- Communication (less or more)
- Academic performance
- Appearance
- Homesickness



# Wellness Concerns

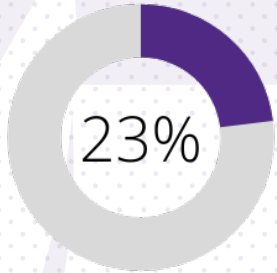
- Drastic changes in behavior (actions or academics)
- Severe mood swings
- Extreme difficulty in concentrating
- Intense worries or fears
- Feeling very sad or withdrawn
- Risk-taking behaviors
- Disordered eating
- Drastic fluctuation in weight



# Prelavence of Mental Health Problems

## Depression Screen

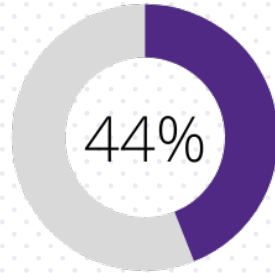
Severe depression



Moderate depression

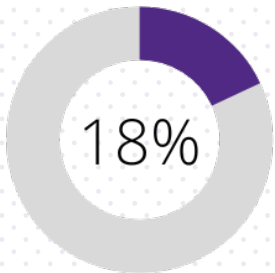


Any depression

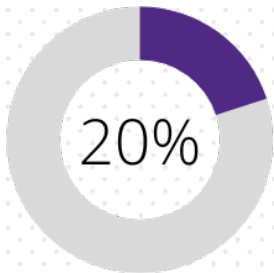


## Anxiety Screen

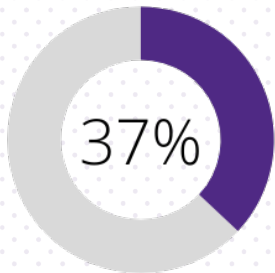
Severe anxiety



Moderate anxiety

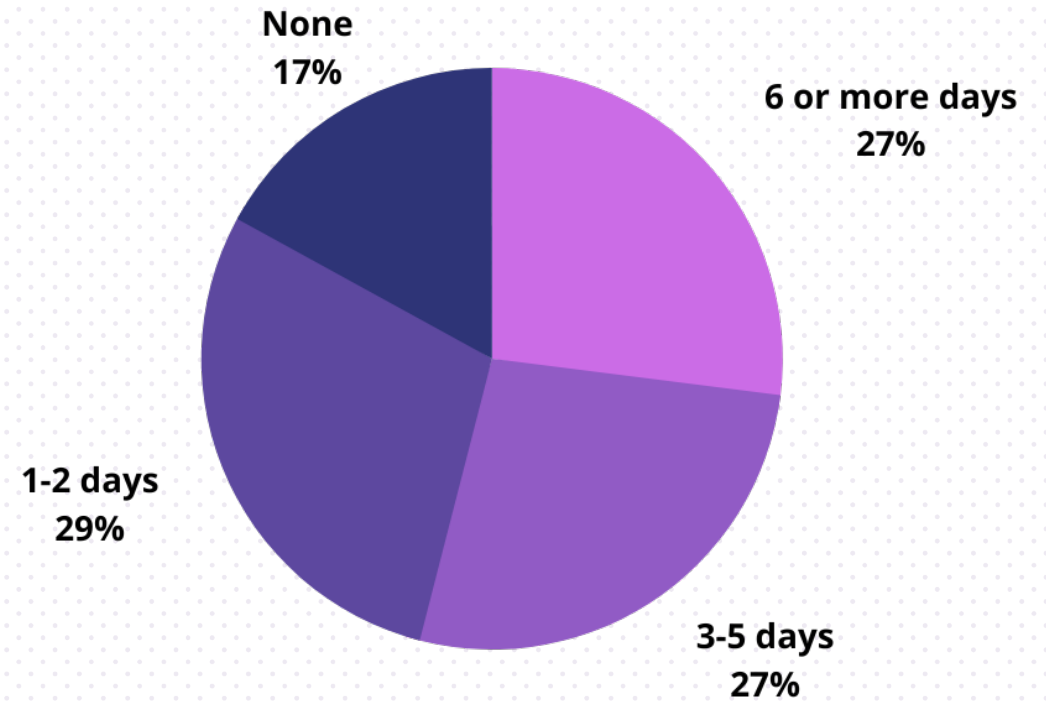


Any anxiety



## Academic Impairment

In the past 4 weeks, how many days have you felt that emotional or mental difficulties have hurt your academic performance?





# Suggestions for Action

- Really, Don't Freak Out
- Ask Questions
- Listen
- Discuss
- Visit (Not all the time)
- Write Letters
- Professional help
  - Health Services
  - Counseling Center
  - Emergencies- 911
  - After-hours hotline



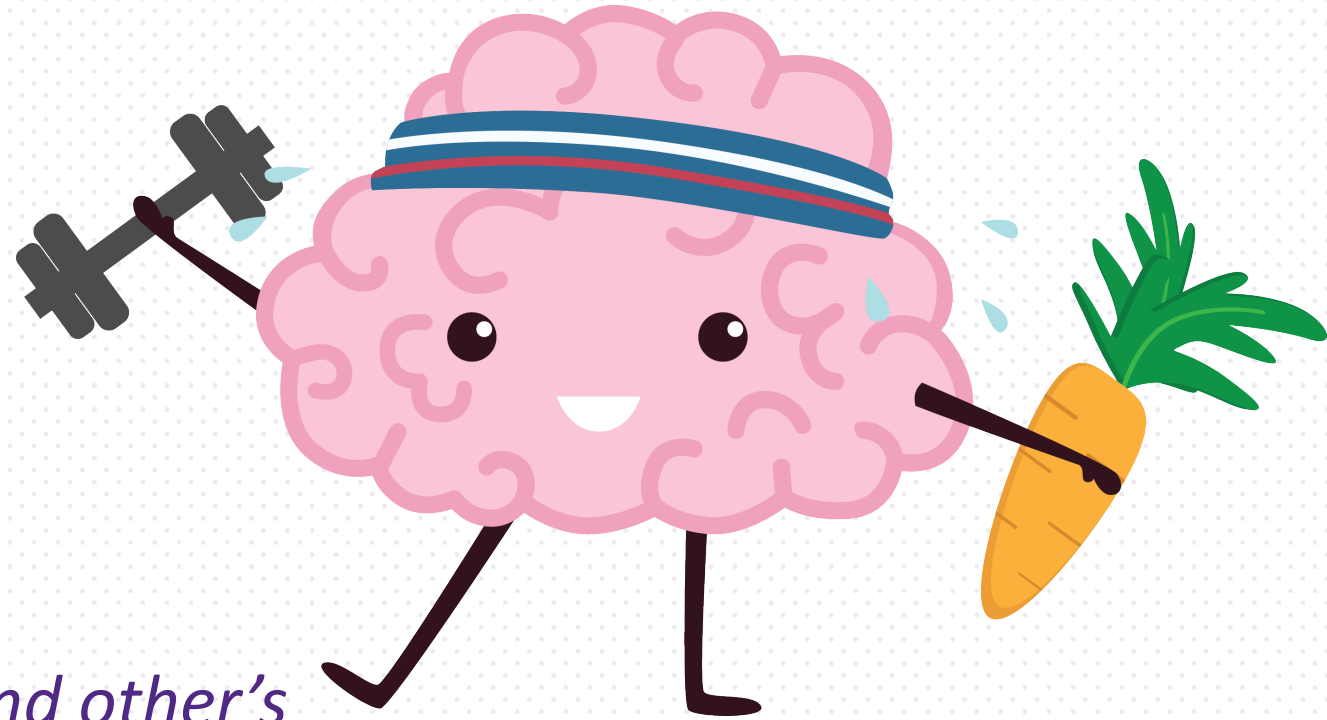
# Encourage Connection

- Try new things
- Campus involvement
- Class participation
- Know campus resources
- Make the most of new opportunities
- Engage in new relationships



# Promote Learning

- Encourage:
  - Independent thought
  - Study skill development
  - Effective goal setting
  - Adapting to change
  - Learn from mistakes – *self and other's*
- Remind them: It is okay to ask for help!





# Crisis Resources

- Eagle Eye After-hours crisis hotline: 855-206-8997 or 931-372-3331 (our office #)
- University Police: (931) 372-3234
- National Suicide Prevention Life Line: 988
- Crisis Text Line- Text: HELLO to 741-741
- Mobile Crisis (Volunteer Behavioral Health) 24/7 hotline: 1-855-274-7471
- Crisis walk-in center (CSU): 1200 S. Willow Ave Cookeville, TN 38506
- The Trevor Project TrevorLifeline: 1-866-488-7386
- TAADAS REDLIVE (substance use): 1-800-889-9789
- Depression Hotline: 1-888-273-5174
- Self-Harm Hotline: 1-877-455-0628
- National Eating Disorder (NEDA) hotline: 1-800-931-2237



# Contact us!

Location: **Roade University Center (RUC) 307**

Office: **931-372-3331**

After-hours hotline: **855-206-8997**

Email: **counsel@tntech.edu**

Website: **www.tntech.edu/counsel**

**@tntechcounsel**







# Questions?

## Visit Us Today!

**Counseling Center Open House  
Today in Roaden University  
Center (RUC) 307  
2:30 – 4 p.m.**