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## ' L U H F W R U N

It's hard to believe we are almost halfway through the semester. Today is the 50th anniversary of the founding of the first AIM club, so today we have 50 AIM clubs and organizations. AIM students must be involved in two campus clubs, activities, or organizations. 50% of AIM students must be involved in college makes a difference in academic performance, cognitive development, well-being, leadership, and multicultural awareness.



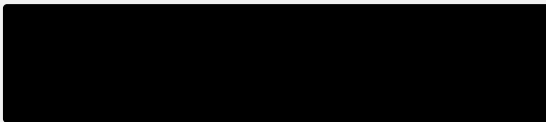
The newsletter has many resources linked below, including Laker Launchpad, which lists all campus clubs, events, and organizations. Take time to get involved on campus today! You can do it!



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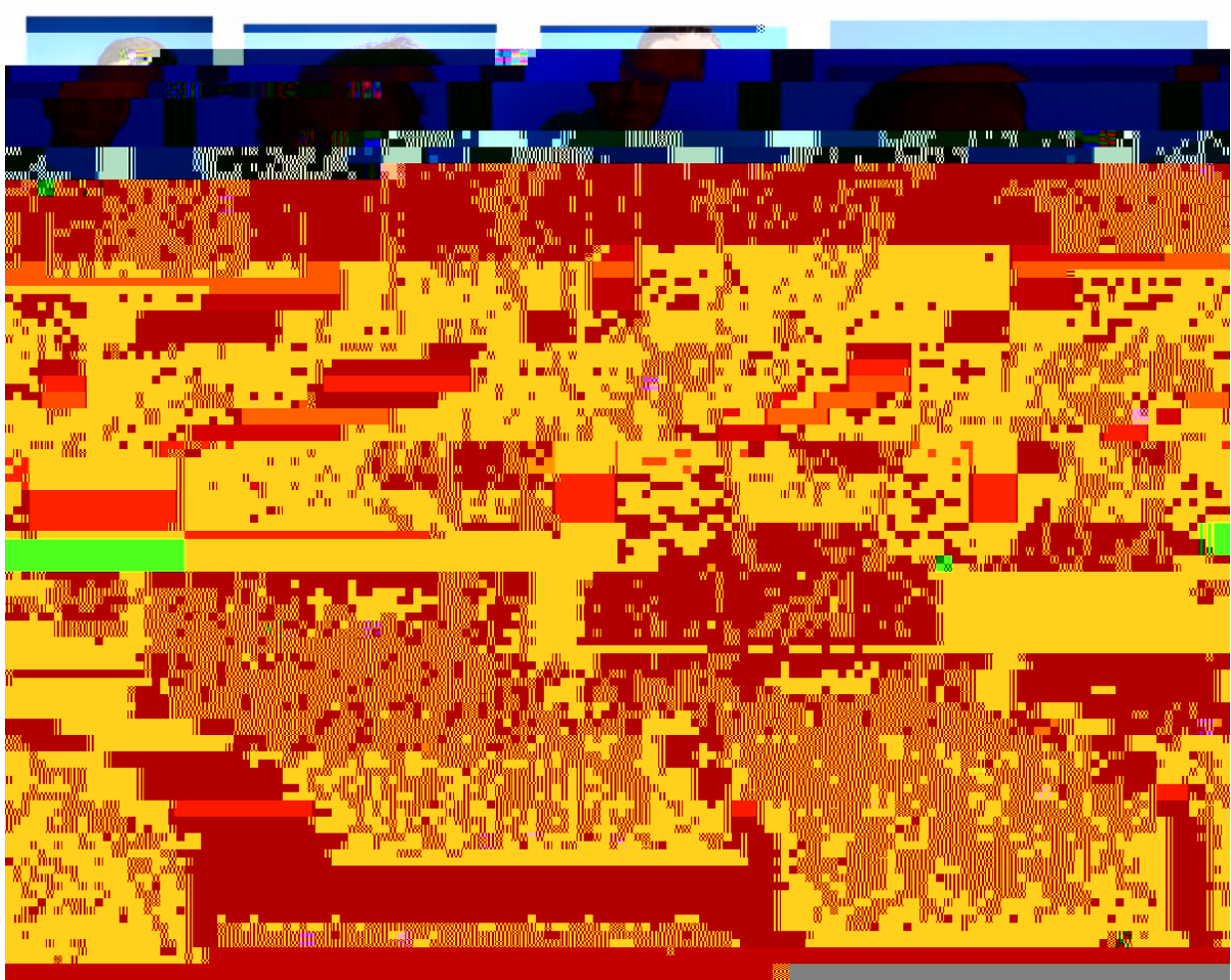
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# Mercy Market

The goal of the  
Mercy Market is to  
be socially  
merciful and  
compassionately  
hospitable by  
serving students  
facing food insecurity

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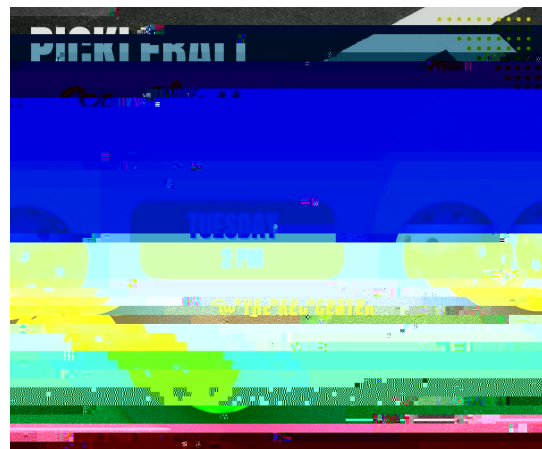
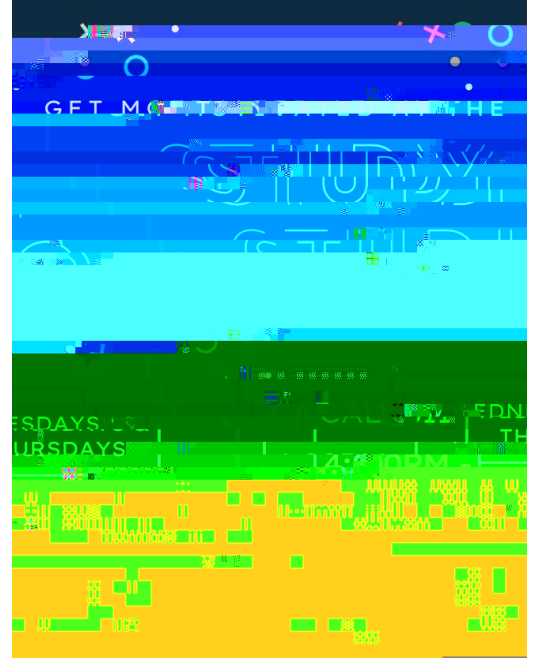
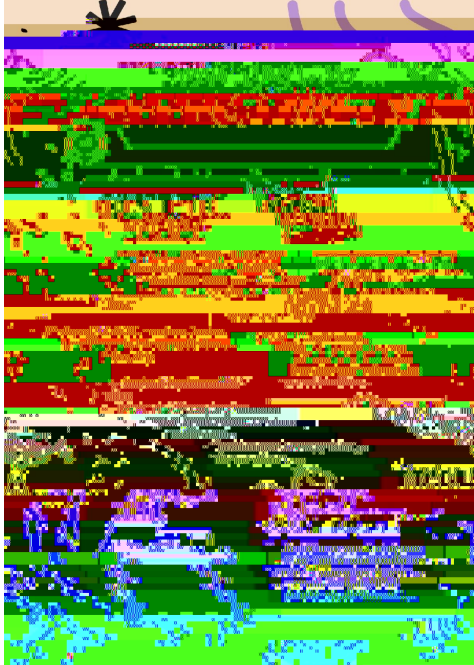


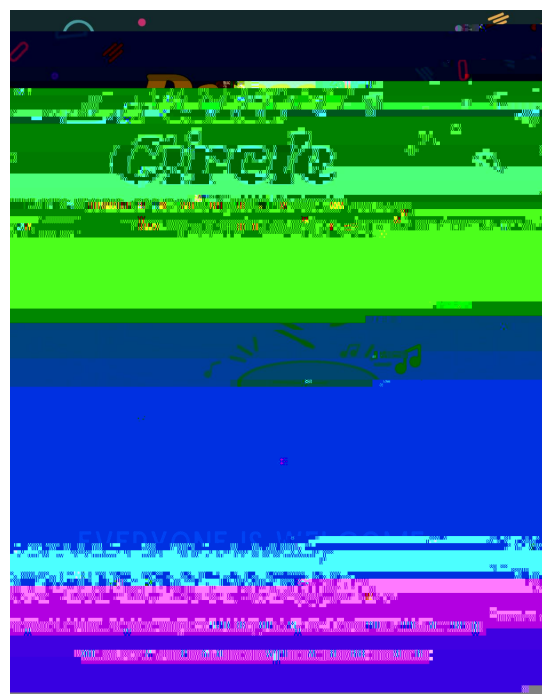
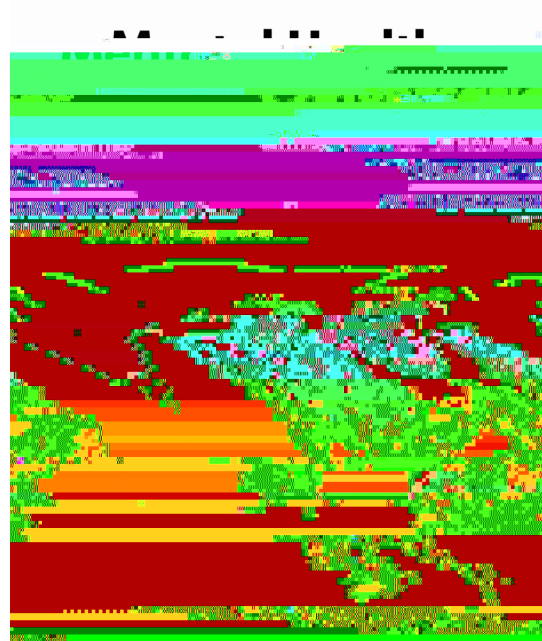
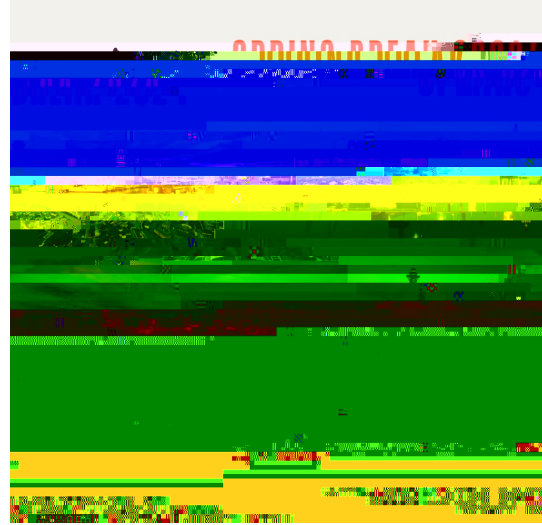
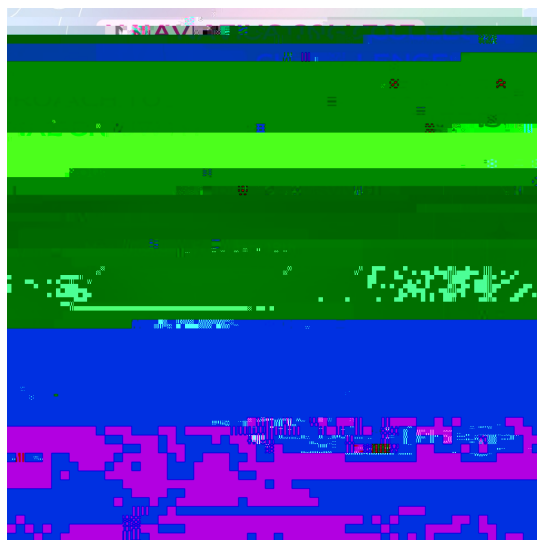
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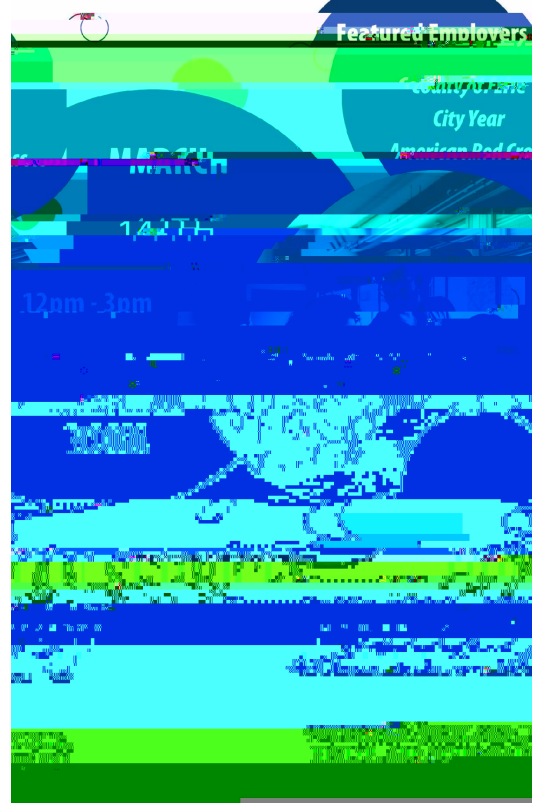
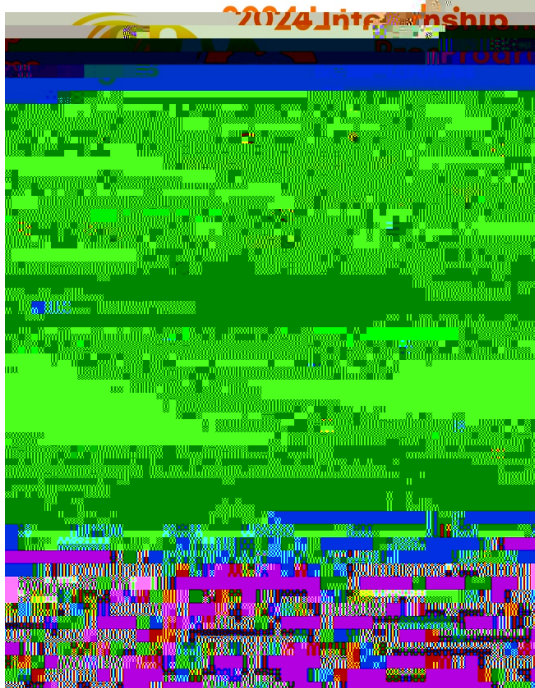
Last week we cooked breakfast for dinner! Students learned how to scramble eggs, make bacon, biscuits, and gravy! This week, we had a “red” night for Valentine’s Day. We made homemade meatballs which we served over heart shaped pasta. For dessert, Day. ha/Ø/Ø s 9 0 • à/æar t

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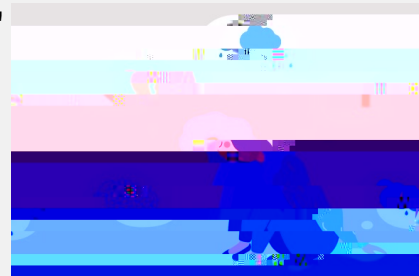
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## Counseling Corner

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Everyone feels sad sometimes. Sadness, crying or wanting to be alone for a little while is a natural response when you are going through difficult times or feel stressed. When a sad mood last for 2 weeks or more and makes it hard for you to do daily activities, you might be depressed.



Depression can be very treatable - so reach out and let those of us at the Counseling Center know so we can help!

### Symptoms of Depression May Include:

- Feeling sad or irritable most of the day
- Loss of interest in things you used to enjoy
- Isolating yourself
- Skipping classes because you can't get motivated or can't leave your room
- Difficulty concentrating
- Tired all the time, no energy, sleeping too much or can't sleep
- Decreased or increased appetite
- Thoughts of suicide or death (\*Seek help immediately!)

### When and How to Seek Help:

Call the campus Counseling Center at 814-824-3650 to make an appointment. If your concern is urgent and can't wait until an appointment, we offer a walk-in hour Monday - Friday from 2:30 - 3:30. We provide a brief session, and a follow-up plan as needed. If a student needs a community referral, we can assist with that.

### Emergency mental health assistance (ex. feeling suicidal, bad panic attack):

#### Daytime:

8:30 - 4:30, M-F - walk over to the

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Evening/Weekends:

Mercyhurst can help students connect with afterhours emergency assistance. Call Campus Police & Safety (814-824-3911) or reach out to your RA. (Please note the Counseling Center is not open during holidays and breaks when students are gone. However, Police and Safety and Residence Life are).

Depression Screening Events on Campus:

Keep an eye out for Depression Screening Events on campus. Students can complete a 5-minute survey and review results with a counselor. Counselors can help connect students to resources.

