



Take Care: Integrating Mental Health and Wellness Resources in the Academic Library

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Take Care

Integrating Mental Health & Wellness Resources in an Academic Library

ACRL/NEC & NELIG Joint Annual Conference
May 24, 2021

Nice to meet you!

- **Kate Bellody [she, her, hers]**
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- **Research & Education Librarian &
Reference Program Coordinator**
- **The Sojourner Truth Library at
SUNY New Paltz**

What
challenges do
our students
face?

One in Three College Freshmen Worldwide Reports Mental Health Disorder

Students from 19 colleges in eight countries report symptoms consistent with psychological disorder, study says

Perfectionism Among Young People Significantly Increased Since 1980s, Study Finds

Excessive desire to succeed, compete with others may have negative impact on youth psychological health

Trans Students Often Struggle With Mental Health

Gender-nonconforming students are four times more likely than peers to report mental health issues such as depression and suicide, according to a new study that calls for more campus supports.

Racial Identity, Self-Esteem, and the Impostor Phenomenon Among African American College Students

Financial Stress, Social Supports, Gender, and Anxiety During College: A Stress-Buffering Perspective Ψ



NIMH-Funded National Comorbidity Survey Replication (NCS-R) Study: Mental Illness Exacts Heavy Toll, Beginning in Youth

1 in 5 youth and young adults experiences a mental health condition

75% of all lifetime mental health conditions begin by age 24

30% of college students reported feeling so down at some point during the previous year that they found it difficult to function

(National Alliance on Mental Illness (NAMI) and The Jed Foundation, 2016)

...Add 2020

The Covid-19 pandemic and mental health of first-year college students: Examining the effect of Covid-19 stressors using longitudinal data

Social (Un)distancing: Teammate Interactions, Athletic Identity, and Mental Health of Student-Athletes During the COVID-19 Pandemic

More Than Inconvenienced: The Unique Needs of U.S. College Students During the COVID-19 Pandemic

“Constant Stress Has Become the New Normal”: Stress and Anxiety Inequalities Among U.S. College Students in the Time of COVID-19

**Unsettled Belongings:
Chinese Immigrants'
Mental Health
Vulnerability as
a Symptom of
International Politics in
the COVID-19 Pandemic**

**The double pandemic:
Covid-19 and white
supremacy**

**Black, Indigenous,
People of Color, and
International Students:
Experiences and
Resolutions Beyond
COVID-19**

**Racism's Effect on Depressive Symptoms: Examining Perseverative
Cognition and Black Lives Matter Activism as Moderators**

Reflective Writing

Spend 2 minutes considering this question:

How can the academic library be a space that supports the mental health and wellness of our community?

Libraries offer...

Space!

Staff!

Comfort!

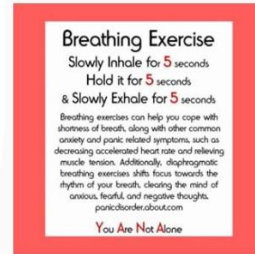
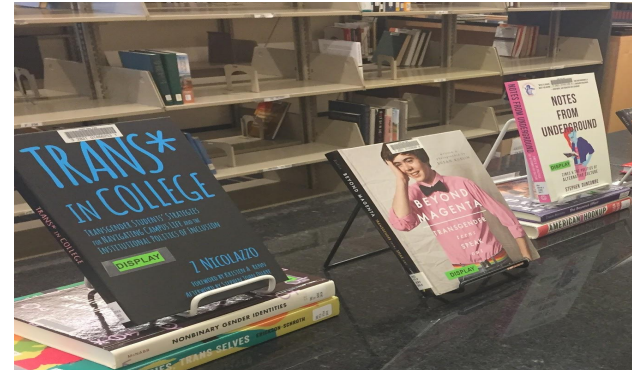
Collections!

Collaborate with campus mental health services for mutual support and visibility

- Do you have access to a counseling/health center or social worker?
- Is a liaison relationship possible?
- Start with a conversation!

What can this look like?

Consider existing resources and services first!



Programs, Services, & Initiatives

- Resources
 - Reference support for counselors and their students
 - Collection Development
 - Research Guides
 - Reader's Advisory

Take Care @ the library!

Volume 1
Non-Fiction

Free!

Recommended reading from the Sojourner Truth Library collection!

**Adulthood • Body Image, Body Politics, &
Beauty Culture • Communication •
Community Engagement & Activism •
Domestic Abuse & Violence • Feminism •
LGBTQIA+ (History, Community, Gender, Transgender
People, Intersex People, Sexual Identity) • Masculinity
• Mental Health (Anxiety, Depression, OCD, PTSD,
Substance Abuse & Addiction, Suicide) • People with
Disabilities • Philosophy • Physical Health &
Hygiene • Pop Culture • Race •
Relationships • Self-Care • Sexual Assault &
Consent • Veterans & Military • Zines**

About This reading list shares selected titles from the Sojourner Truth Library collection. It is intended as a guide to resources in the library that provide insight and understanding of the challenges you may face, both personally and academically. We hope these books support you, empower you, and remind you that you are not alone.

These resources do not replace professional help. Please find the Psychological Counseling Center contact information on the opposite page.

Campus Resources

Psychological Counseling Center Individual and Group Counseling, Crisis Intervention, Referrals to off campus services
<https://www.newpaltz.edu/counseling/>
Call 845-257-2920 or visit the PCC in the Student Health and Counseling Center (the round building by the pond on Southside Loop Road, near Gage Hall.)

Let's Talk

Wednesdays, 12p.m. to 2p.m. in SUB 209

PCC staff provide one-on-one, informal, brief consultation and support for students at drop-in sessions.

OASIS Peer Support Hotline Service

Call 845-257-4945 or visit the OASIS Office in Deyo Hall G13-C from 8p.m. to 1a.m. daily when classes are in session.

HAVEN Peer services for students experiencing sexual assault, rape, or relationship violence.

Call 845-257-4930 or visit the HAVEN Office in Deyo Hall G13-C from 8p.m. to 1a.m. daily when classes are in session.

<https://www.newpaltz.edu/counseling/oasishaven.html>

The Sojourner Truth Library

www.library.newpaltz.edu

Psychological Counseling Center Library Liaison (and the author of this zine!) Kate Bellody, bellodyk@newpaltz.edu

Ask a Librarian <https://newpaltz.libanswers.com/>

In case of a mental health crisis or emergency...

Anytime: Call University Police Department (UPD) at 845-257-2222 for an immediate, direct campus response.

Weekdays 8:30a.m.-5p.m.: Call the PCC at 845-257-2920 or go directly to the PCC office.

After 5p.m. and weekends: Call the UPD at 845-257-2222. You can ask to be put in contact with the PCC "Emergency Contact for Student Consult".

My Thoughts!



Depression

The Depths: The Evolutionary Origins of the Depression Epidemic / Jonathan Rottenberg (Stacks RC537.R6585 2014)

From Melancholia to Prozac: A History of Depression / Clark Lawlor (Stacks RC537.L392 2012)

Lost Connections: Uncovering the Real Causes of Depression - and the Unexpected Solutions / Johann Hari (Stacks RC537.H346 2018)

Shades of Blue: Writers on Depression, Suicide, and Feeling Blue / edited by Amy Ferris (Stacks RC537.S4818 2015)

This is the Black Chapter of Rainbows: It's the Funnest, Coolest Book About Beating Depression - I Wrote It For You / Buddy Valentine (Stacks RC537.v36 T35 2017)

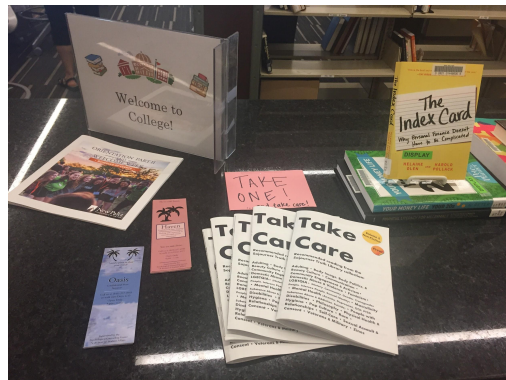
Understanding Depression / Rudy Nidegger (Stacks RC537.N92 2016)

Obsessive-Compulsive Disorder (OCD)

The Mindfulness Workbook for OCD: A Guide to Overcoming Obsessions and Compulsions Using Mindfulness and Cognitive Behavioral Therapy / Jon Hershfield, Tom Corboy (eBook)

Obsessive-Compulsive Personality Disorder: Understanding the Overly Rigid, Controlling Person / Martin Kantor (Stacks RC533.K364 2016)

Understanding OCD: Skills to control the conscience and outsmart obsessive compulsive disorder / Leslie J. Shapiro (Stacks RC533.S43 2015)

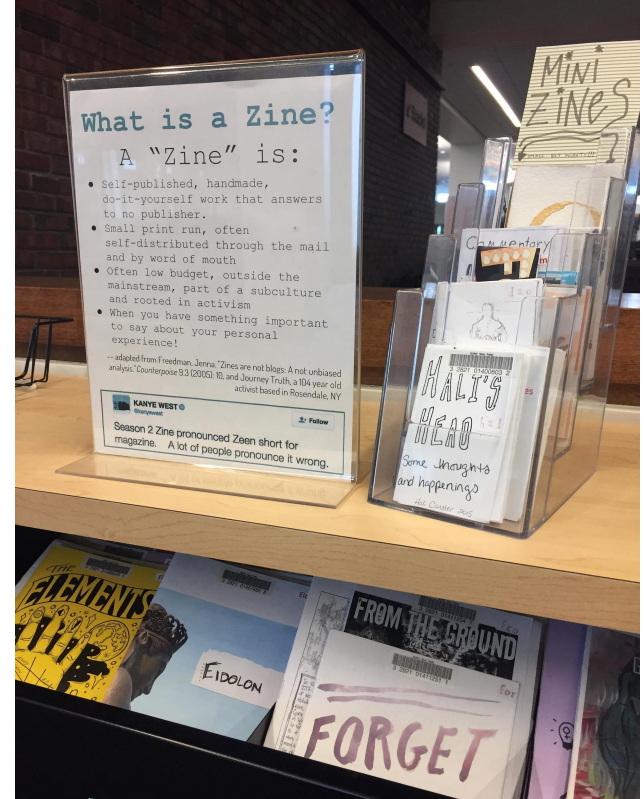


Programs, Services, & Initiatives

- Visibility
 - Book Displays
 - Social Media
 - Instagram Live Conversations
- Programs
 - Space facilitation
 - Let's Talk, National Depression Screening Day, NEDA Awareness Week
 - Collaborative Events
 - Play Therapy, Vision Boards, Coffee with a Counselor

What is a zine?

“Zine-making isn’t about rules or knowledge; it’s about freedom and POWER.”



Reflective Writing

Spend 3 minutes thinking about your library and community.

What do you know about who your students are? What do you want to know?

Where can these supports be incorporated in your current resources or services?

Who can you collaborate with?

What questions do you have about this work that may help you get started?

**With awareness, empathy, and
collaboration
we can create an environment
in the library that supports the
mental health
and well-being of our
students.**

Questions? Ideas?
Let's connect!

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