

# StallTalk

Volume 8 / **Spring 2020**  
Editor: Center for  
Health Education and  
Promotion

## Catch It Quickly

The Center for Health Education and Promotion  
are hiring **PEER EDUCATORS**  
(Apply Now) [www.millersville.edu/chep](http://www.millersville.edu/chep)

## MIND Your Health

- Utilize forms of exercise that is fun
- Prioritize 60 minutes of being active every day
- Break up the 60 minutes throughout your day if needed
- Set small daily goals to complete
- Practice patience with your fitness journey
- Eat for nourishment
- Drink plenty of water

Source: <https://adaa.org/tips>

## Trivia Question

Q: Mocha is a coffee usually flavored with  
which substance?

A: In the next edition of Stall Talk

LAST EDITION:

Q: 'Birds of Prey' starring Margot Robbie is based on which character  
from the DC Comics universe?

A: Harley Quinn

Source: <https://pubquizquestionshq.com/quiz/2020-movies-quiz-round-1>

## Stall Talk 68.8

by the Numbers: 68.8  
The percentage of Millersville Students who report having  
1-2 servings of fruits and vegetables per day.

Source: Millersville University Spring 2018 American Health Association-  
National College Health Assessment II

## Center For Counseling & Human Development

If you are a Millersville student in need of support  
call the **COUNSELING CENTER** at  
**717-871-7821**  
to access service information.

In a crisis situation, students can call  
**CRISIS INTERVENTION** at  
**717-394-2631** or  
text **HELLO** to **741741**  
to be connected to a crisis counselor.

**NATIONAL DOMESTIC VIOLENCE HOTLINE:**  
**1-800-799-7233**



Millersville University  
CENTER FOR HEALTH EDUCATION  
AND PROMOTION

### CONTACT US

Looking to read past editions of Stall Talk?

Find them on our website: [www.millersville.edu/chep](http://www.millersville.edu/chep)

Email us: [chep@millersville.edu](mailto:chep@millersville.edu) • Call us: 717-871-4141



Twitter: @Educatepeers

Instagram: peerseducate



"We don't remember days, we remember moments.  
The richness of life lies in memories we have forgotten." ~ Cesare Pavese

## The 2020 Marauder Leadership Awards

You have an extra week to nominate!  
We are still recognizing our incredible students  
and organizations!

Winners will be announced on  
**Monday, April 27, 2020**  
via Ville Daily and Get Involved



Meet the  
Peer Educators:  
**Student  
Spotlight**

**OLIVIA MOTTERN**  
Major: Early Childhood Education

"I decided to become a peer educator because it is important for the  
students on campus to know about the resources available to them.  
It's a great way for me to branch out and meet new people!"

## DID YOU KNOW...

### YOU CAN GET MENTAL HEALTH CARE FROM HOME?

Check out these online counseling & mental  
health services to see which could be right for you:

#### ONLINE COUNSELING

##### BETTERHELP.COM

The largest online therapy platform worldwide,  
offering video, phone, and live chat counseling.  
Matches you with an available, licensed counselor  
who fits your needs and preferences. \$40-70 per  
week.

##### 7CUPS.COM

Free 24/7 anonymous live chats with a caring  
listener + access to a community of chat  
rooms/forums for discussing mental health  
concerns. Online therapy with a licensed  
professional for \$150/month.

##### LARKR.COM

Mood and mental health goal tracking, live video  
counseling and messaging with a licensed therapist,  
and guided meditations. \$85/session.

##### TALKSPACE.COM

Match with suggested therapists after completing  
a short assessment and receive access to  
messaging and video counseling sessions. \$65-  
100/week.

#### CRISIS SUPPORT

##### 1-800-273-8255

free and confidential emotional support to people in  
suicidal crisis or emotional distress 24/7.

##### 741741

Text "HOME" to this number to be connected to a  
trained, confidential crisis counselor who will listen  
and help you develop solutions for moving forward.

##### THETREVORPROJECT.ORG

Phone, text, and online chat lines available 24/7 to  
support LGBTQ young people experiencing mental  
health crises.

##### RAINN.ORG

Free and confidential phone and online chat lines  
available 24/7 to support survivors of rape, sexual  
abuse, assault, and incest.

Compiled by the Millersville University Center for  
Counseling and Human Development

## COME JOIN US IN THE CHEP LOUNGE

April 7 – May 8, 2020  
Open Daily: 12 noon – 6 p.m.

MEETING NUMBER: 474242882 • PASSWORD: wellness

Come engage, ask questions, laugh and encourage with our  
CHEP staff in our virtual community lounge on Zoom!



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