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Stall Street Journal

Created by:
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DANGEROUS DRINKING

DID YOU KNOW?...

Drinking too much too quickly can lead to alcohol poisoning & affect your breathing, heart rate, gag reflex, & can potentially lead to coma & death.

Even survivors of alcohol poisoning may suffer irreversible brain damage

Signs & Symptoms of Alcohol Poisoning

Mental Confusion
Stupor, person cannot be roused
Vomiting
Seizure
Slow or irregular breathing
Hypothermia, bluish color or paleness

What to do?

Call 911
Stay with them
Attempt to keep them awake
Turn them on their side to avoid airway obstruction

Want to know more?

Visit the Health Fair Sept. 29th from 5-7 at Phantom Hall to learn more about alcohol and STDs

FREE food, drinks, and fun!



Myths

Cold showers, black coffee, walking, and sleeping it off will hasten the sobering process.

Tips for safer drinking:

Drink plenty of water, alternate alcoholic drinks & non-alcoholic drinks
Eat food before and while drinking
Don't drink when stressed, tired, or ill
Avoid more than one drink per hour



For An Appointment or More Information Contact:
ASU Polytechnic Student Health Center: 7153 E. Thistle Ave.
Phone: (480) 727-1500 Appointments 9 a.m.-1 p.m. & 1:30-4:30 p.m.
Use ASU Student Insurance or we'll bill yours. Discount program available.

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STRESS & SUICIDE

Suicide Risk Factors

History of isolation
Lack of close
personal relationships
or coping skills
Impulsiveness
Mental illness (most
commonly depression)
Substance abuse



DID YOU KNOW?...

Depression is the #1 disabling
illness in the world!

**14 million people experience
depression each year**

**1 in 8 adults have a major
depressive episode in their
lifetime**

**Lifetime risk: 20-30% for women,
7-12% for men**

Signs of Depression

Change in sleep
Weight gain or loss
Decreased activity
Fatigue or no energy
Thoughts of death/suicide

Stress Busters!

Practice deep breathing
Get some fresh air
Exercise!!
Do something relaxing
(paint, draw, read)
Aromatherapy
Talk to a friend



Suicide & Stress Health Fair

Tuesday, 9/22 5-6:30PM
Phantom Hall
**FREE PIZZA &
PRIZES!**

Who to call?

-Empact—SPC office @ASU
480-921-1006 (24hrs)
Suicide/Crisis Hotline
Maricopa County
602-784-1500
Toll-Free Crisis Hotline:
866-205-5229
Crisis Line -1-800-SUICIDE

Myths about suicide:

Suicidal persons are fully intent on dying
It is best to avoid the subject if you think
someone is suicidal
Most suicidal persons give no warning
People who talk about suicide don't do it



**Student
Health**

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