

Dear first year York student,

Welcome to University!

If you're like most of us, you may have already felt some level of stress before arriving at York University. Adjusting to a new environment is difficult and shouldn't be overlooked; many of us older students struggled to make friends, let go of our home life, and excel in our classes during first year ourselves.

You are not alone in your stress, anxiety, and fear of what the year will bring, but you should know that there are people on campus who want to help you have the best college experience possible. The Counseling Center here on campus is located in N110 Bennett Centre for Student Services and is open from 9:00 am to 4:30 pm Monday, Wednesday, Thursday, Friday, and from 9:00 am to 7:00 pm on Tuesday. You don't have to have a diagnosable mental health disorder to talk to a counselor; in fact, many students see a counselor to talk about roommate issues, test anxiety, and adjusting to life in college.

It is important to address what's going on when you first recognize a change in yourself—waiting until things get really bad before you seek help isn't good for your health, or your experience here on campus.

If mental health is something that interests you, I hope you will join a group we have here on campus called *Active Minds at York*. Active Minds seeks to promote a dialogue about mental health at York University by holding events such as movie screenings, panel discussions, and mental health awareness weeks. Our campus will be happier and healthier when we have an open dialogue around issues of mental health, so please join us in making that happen!

Have fun, study hard, and have a great year.

Lindsay Rubinfeld and Aranda Wingsiong are the Presidents of Active Minds at York University, a student organization devoted to raising awareness about mental health on campus. For more information, visit www.activeminds.org, email activeminds.yorku@gmail.com, and/or visit our YU Connect page <https://yorku.collegiatelink.net/organization/activeminds>.