

## Wellness Center Presents

December 2020

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@wellnessatPC

@CASSAPNY

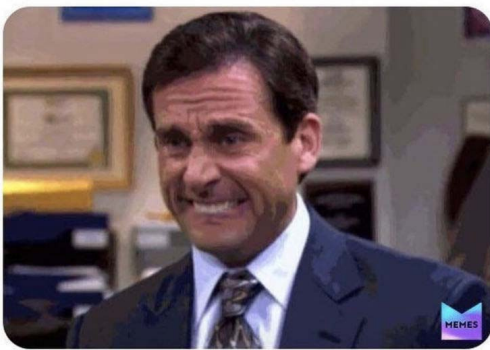
# BATHROOM TALKS



Time traveler: What year is it?

Me: 2020

Time traveler:



## Saying "Bye" to 2020 in a Healthy Way

It's no surprise that we have seen a nationwide increase in substance use in the wake of the pandemic. Historically, rates of substance use go up during times of trauma and stress. As a result, it's important for us as a Purchase Community to work together to support each other through this and be prepared for high risk alcohol use as we enter the holiday season. By knowing the signs of alcohol overdose, you can save a life. Please see the signs of alcohol overdose below; when in doubt call UPD or your local emergency number for alcohol related emergencies.

(University Police 914-251-6991 or 911).

1. Cold Skin
2. Unresponsive
3. Vomiting
4. Slow breathing/pulse
5. Mental confusion

## We hear you!

We asked our IG followers why they chose not to drink during the holidays and here are the top reasons:



**Don't like the taste**

**Too many calories**

**Don't like how it makes me feel**

**Family history of addiction**

## The Counseling Center is here to help

Call 914-251-6390 to set up a confidential appointment.

## Do you create art without the use of substances?

Enter our Clearly Genius Art Contest for a chance to win \$50 and get your work displayed on our social media!

