



Fresno State Bulldogs Mental Health Checklist

National Support Resources

- 988 Suicide and Crisis Lifeline
Call or Text 988 (24/7)
- Crisis Text Line
Text HOME to 741741
- Trevor Project (LGBTQ+ Support)
1.866.488.7386 or text START to 678678

Campus Resources

- Add Fresno State Student Health and Counseling Center info to your phone
 - **Phone**
559.278.2734
 - **Location**
5044 N Barton Ave, Fresno, CA 93740
 - **Website**
www.fresnostate.edu/health
 - **Fresno State Counseling Center Crisis**
Walk-in or call 559.278.2734
 - **Instagram**
[@fshealthcenter](https://www.instagram.com/fshealthcenter)
- Explore Bulldog Connect for success coaches and campus resources.
- Use Fresno State CARE Team if you're worried about yourself or someone else.
- Know your professors' office hours and build relationships early.
- Visit the Amendola Family Student Cupboard if you need access to food or CalFresh support.

Daily Wellness Habits

- ☐ Sleep 7–9 hours a night – rest fuels your brain
- ☐ Eat 2–3 nourishing meals (don't skip!)
- ☐ Stay hydrated – refill that water bottle often
- ☐ Move your body: walk to class, stretch, or dance
- ☐ Limit doom scrolling and social media use
- ☐ Take 5–10 minutes to breathe, reflect, or journal

Weekly Bulldog Check-In

- ☐ Review your course schedule and due dates.
- ☐ Use your Fresno State planner or Bulldog Connect to stay organized.
- ☐ Connect with at least one friend, peer, or mentor.
- ☐ Clean your space: a tidy desk = a clearer mind.
- ☐ Set aside time for hobbies or creative. Expression.
- ☐ Attend a campus event, club meeting, or recreation class.
- ☐ Reflect: What's stressing me out, and what's helping me?

Tip: Print this, post it in your dorm or planner, or keep it on your phone.