May is Mental Health Month: Do More For 1 in 4
Mental Health, Substance Use Conditions Common, But Treatable

Did you know that 1 in 4 adults in our country live with a diagnosable and treatable mental health condition? 1 in 4! Think about the people you know and let that statistic sink in. 1 in 4 struggle with depression, anxiety, substance abuse, posttraumatic stress, or other treatable issues.

This May is Mental Health Month, and the Auburn University Psychological Services Center is spreading the word about mental health and how essential it is to overall health and well-being.

Mental Health Month was created more than 50 years ago by the national organization, Mental Health America, to raise awareness about mental health conditions and the importance of mental wellness for all. The goal of Mental Health Month is to help everyone understand the importance of practicing whole wellness—wellness of mind, body, and spirit—and seeking treatment when needed.

One sad fact is that many people living with a mental health condition—as high as 50 percent—never seek or receive help due to stigma, lack of information, cost or lack of health insurance coverage. Many people may be reluctant to ask for help or don’t know where to find it.

But there are many resources that can help people find the support and treatment that they need. In addition to providers in the East Alabama community, the Auburn family has access to therapy services through several affordable and convenient campus programs listed below:

- The Employee Assistance Program (EAP) offered through American Behavioral provides all benefit eligible Auburn employees three free visits a year with a counselor, even if you don’t have the Auburn Medical Plan. To get started, simply call (800) 925-5327.

- If you are an employee covered by the Auburn Medical Plan you and/or your dependents can meet with therapists in the community to get help with your concerns. Your co-pay for therapy would be similar to going to a physician for a health problem. For more on your coverage or to find an approved provider, visit American Behavioral online at http://www.americanbehavioral.com/ or call (800) 925-5327.

- On campus, the Auburn University Psychological Services Center (AUPSC) is a training clinic that provides therapy and assessment services for children, adolescents, college students, adults, families, and couples in the Auburn-Opelika community. Employees, students, or people from the community can receive services at AUPSC. AUPSC is
located at 101 Cary Hall with reserved parking for clients. Services are confidential and provided on a sliding fee scale based on income. AUPSC is open Monday-Thursday from 8 am to 7 pm and Friday from 8 am to 5 pm. For more information or to schedule an appointment, contact (334)844-4889 or visit the AUPSC website at www.auburn.edu/aupsc.

- The Auburn University Marriage and Family Therapy (MFT) Center is a training clinic on campus that provides clinical services to individuals, couples, and families. Employees and students can receive services and so can people from the community. The MFT Center is located in the Glanton House with confidential services and reserved parking for clients. The MFT Center operates on a reduced fee schedule with lower fees available for those in financial need. The MFT Center is open Monday- Friday from 7:45 am to 8 pm. For more information or to schedule an appointment, contact (334)844-4478 or visit the MFT Center website at www.mftcenter.auburn.edu.

- Auburn University Student Counseling Services (SCS) is a counseling center that provides therapy services to Auburn University students only. SCS is located in the Auburn University Medical Clinic with ample parking for clients. Services are confidential, and ten sessions are provided free of charge to Auburn University students per year. SCS is open Monday- Friday from 7:45 am to 5 pm. For more information or to schedule an appointment, contact (334)844-5123 or visit the SCS website at www.auburn.edu/scs.

If you or someone you know is struggling with a mental health condition, remember you are not alone. Mental health disorders are real, common and treatable, and together we can do more to help the 1 in 4 Americans who live with these disorders. For more information on Mental Health Month and how you can get involved, visit www.mentalhealthamerica.net.

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