It is not selfish to put yourself first when overwhelmed and stressed

- Let others know you are overwhelmed
- If you need something from friends or family ask
- Take time to nurture yourself
- Let go of something – reprioritize
- Be kind and forgiving to you

Visit [www.wellesley.edu/counseling](http://www.wellesley.edu/counseling) to find out how to take an online screening for depression

Emergencies: 781-283-2839 Evenings or Weekends or Campus Police 781-283-5555 (24 hrs.)