



SOAR '26

Student Orientation, Advisement and Registration



Tennessee
TECH

Wings Up Wellness

J.J. Oakley Campus Health Services

Services provided to keep students healthy

- General medical and nursing care for acute, urgent, and minor medical issues
- Physical exams, vaccinations, allergy injections, laboratory services
- Medications dispensed onsite



AMERICAN
COLLEGE
HEALTH
ASSOCIATION

INSTITUTIONAL MEMBER

Be Well

Medical and nursing staff consider patient education a prime responsibility making each patient's visit an educational experience.

Schedule an appointment

Phone: 931-372-3320

Online through the Eagle
Wellness Portal located on Tech
Express

Office Hours: Monday-Friday
8 a.m. - 4:30 p.m.



Health Services Staff Welcomes You!



The Accessible Education Center (AEC) Team is Here for You!

- If you received academic adjustments or accommodations in high school, chances are you can receive accommodations here at Tech.
- If you find yourself struggling academically, and think it may be disability-related, schedule an appointment with the AEC.
- The AEC provides equal access to students with disabilities and it is confidential.
- Last year, over 600 students identified with and requested services through the AEC.



The AEC is located in the RUC main floor next to the elevator, across from the cafeteria and Eagle Card.

www.tntech.edu/disability

Encourage Connection

- Campus and community involvement
- Class participation
- Know campus resources
- Make the most of opportunities and relationships
- Be open to new things!



Burnett Recreation Center and Fitness Center

- Group fitness classes:
 - Spin, Yoga, HIIT, Aqua Fit, Aqua Spin, Pilates, and more
- Fitness orientation
- Outdoor equipment rentals
- Student employment opportunities



Keep Stress Under Control

Stop and
assess

Tackle high
priority items

Talk to
friends

Take deep
breaths

Exercise

Say “no
thanks”



Are You Stressed?

Irritability

Headaches

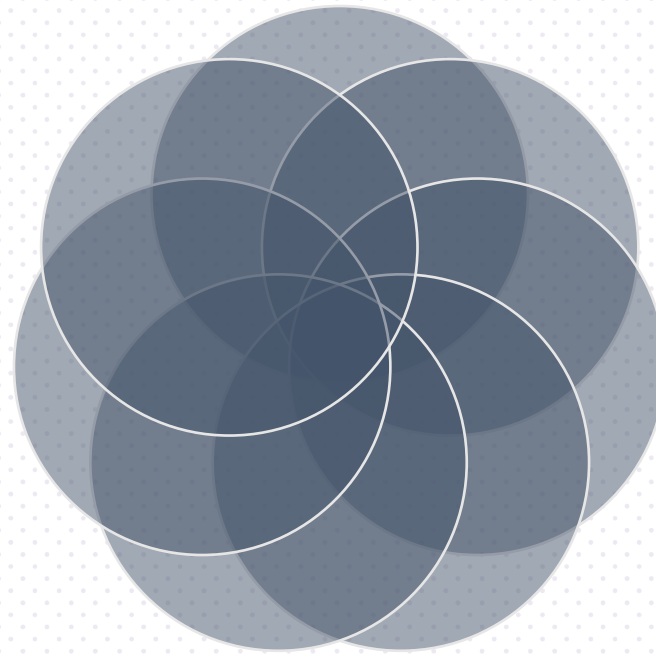
Forgetfulness

Social
isolation

Lack of
motivation

Tense muscles

Procrastination



Develop Positive Relationships

- Be a positive, supportive person
- Make Sure Relationships are Two-way
- Be Honest
- Communicate Concerns
- Recognize Family & Friends' Commitments



Kermit
@InnerKermit

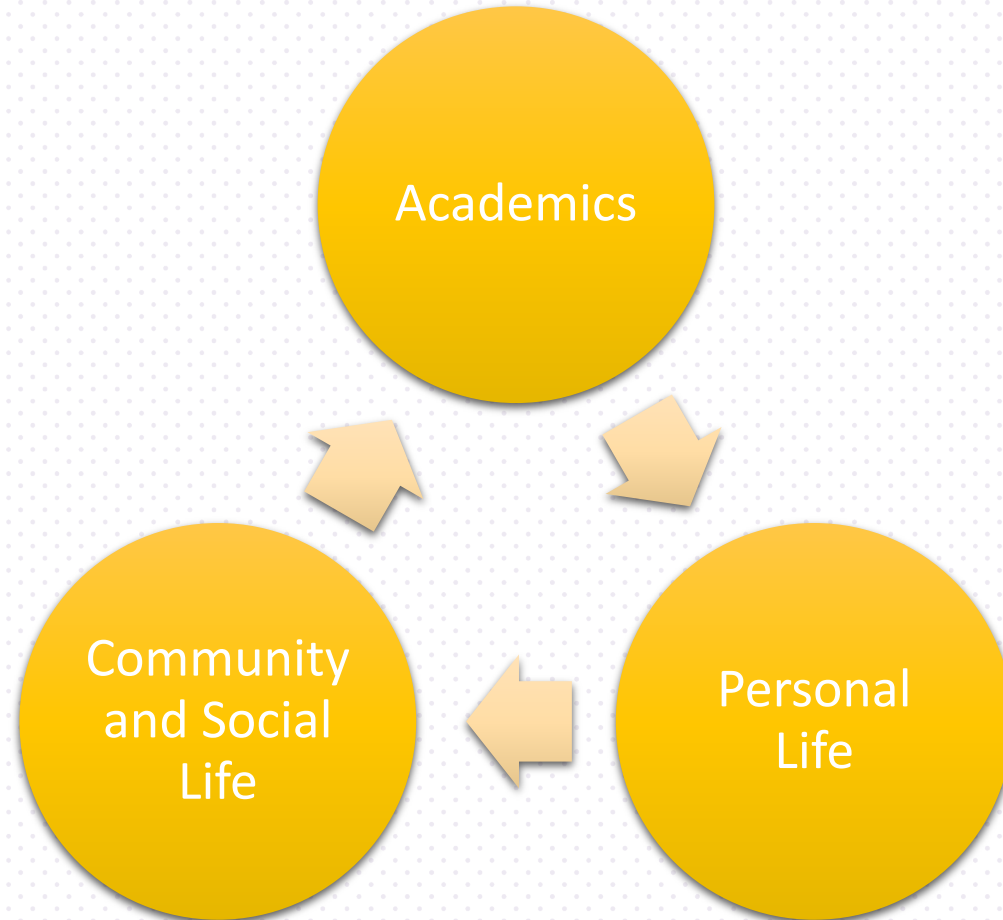
[Follow](#)

Me: I should calmly explain to him what's bothering me.

Inner me: Tell him goodnight at 5pm.

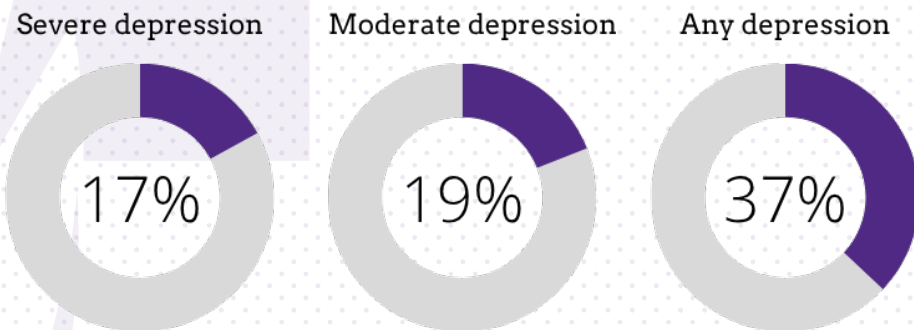


“The Juggling Act”

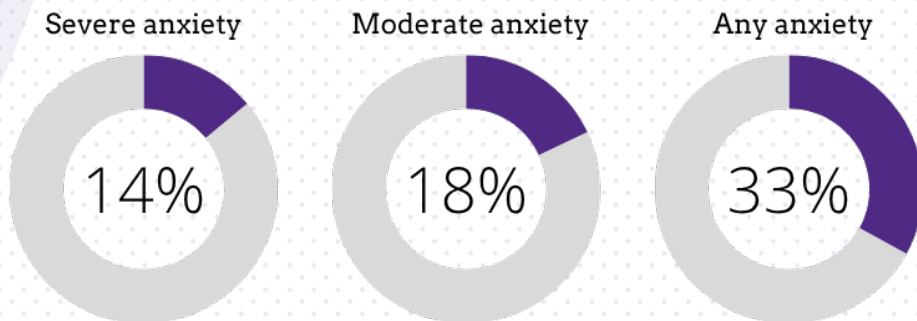


Prevalence of Mental Health Problems

Depression Screen

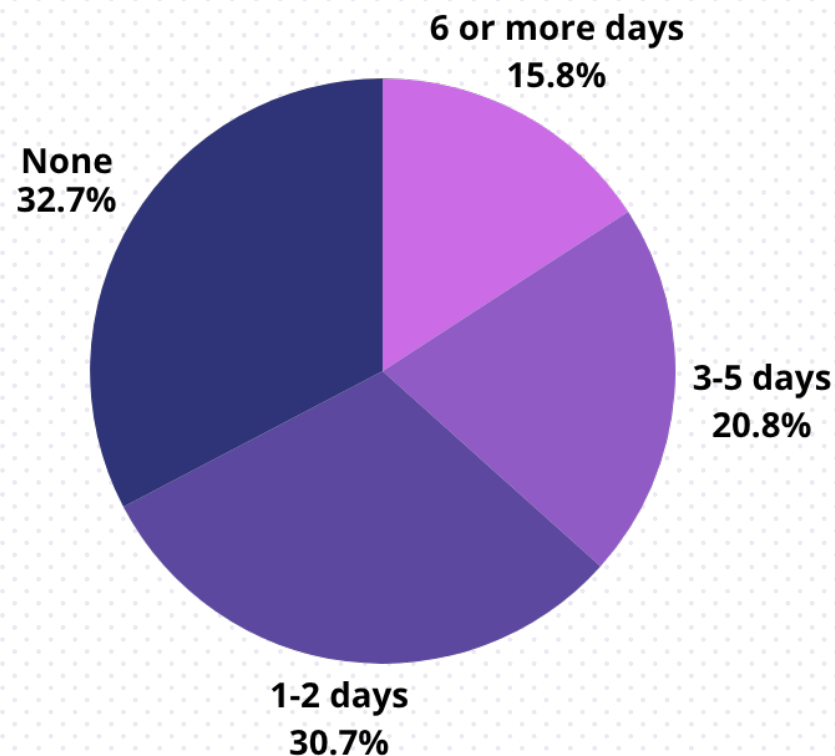


Anxiety Screen



Academic Impairment

In the past 4 weeks, how many days have you felt that emotional or mental difficulties have hurt your academic performance?



Healthy Minds Network (2025). Healthy Minds Study among Colleges and Universities, year (2026) [2024-2025].
Healthy Minds Network, University of Michigan, University of California Los Angeles, Boston University, and
Wayne State University. <https://healthymindsnetwork.org/research/data-for-researchers>

Wellness Concerns

- Drastic changes in behavior
- Severe mood swings
- Extreme difficulty in concentrating
- Intense worries or fears
- Feeling very sad or withdrawn
- Risk-taking behaviors
- Disordered eating
- Significant fluctuation in weight



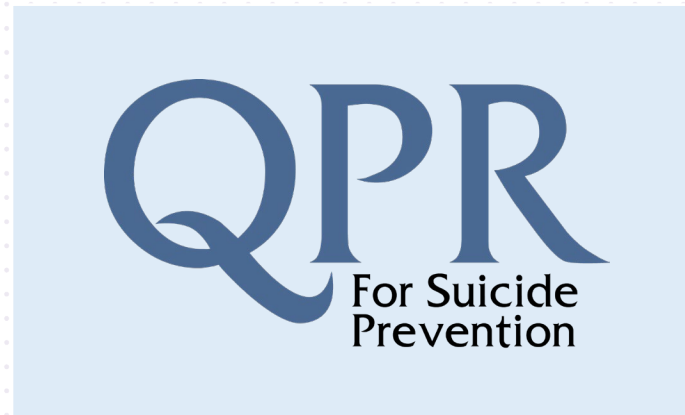
Center for Counseling and Mental Health Wellness



- 6 Licensed Clinicians
- Clinical Coordinator
- Psychiatric Nurse Practitioners
- Clinical Grad Assistant
- Graduate Clinician



Partners & Prevention Resources



Crisis Resources

- **Eagle Eye Crisis Hotline:** 855-206-8997 or 931-372-3331 (our office #)
- **University Police:** (931) 372-3234
- **National Suicide Prevention LifeLine:** 988
- **Crisis Text Line-** Text: HELLO to 741-741
- **Mobile Crisis (Volunteer Behavioral Health) 24/7 hotline:** 1-855-274-7471
- **Crisis walk-in center (CSU):** 1200 S. Willow Ave Cookeville, TN 38506
- **TAADAS REDLIVE (substance use):** 1-800-889-9789
- **Depression Hotline:** 1-888-273-5174
- **Self-Harm Hotline:** 1-877-455-0628
- **National Eating Disorder (NEDA) hotline:** 1-800-931-2237



PUTNAM COUNTY

ALERT

TENNESSEE TECH 



Contact us!

Location: **Roaden University Center (RUC) 307**

Office: **931-372-3331**

Eagle-Eye 24/7 Hotline: **855-206-8997**

Email: **counsel@tnitech.edu**

Website: **www.tnitech.edu/counsel**

Questions?

Open Houses Today!

Accessible Education Center

Roaden University Center
(RUC) 112
2:30 – 4 p.m.

Center for Mental Health Counseling and Mental Health Wellness

Roaden University Center
(RUC) 307
2:30 – 4 p.m.

Health Services

Roaden University Center
(RUC) Multipurpose
Room 2nd Floor
2:30 - 4:15 p.m.
(Org. fair)