Tips to Managing Anxiety:

RWU Resources

Public Safety (401) 254 3611

Health Services CSD 220 (401)245 3156

Donna Darmody, Director of

Health Educa on CSD 210 (401) 254 3413

Counseling Center CSD 200 (401) 254 3124

Sources:

h p://www.adaa.org/living with anxiety/managing anxiety

h p://studenthealth.georgetown.edu/ health issues/stress anxiety depression/ anxiety

h p://www.rwu.edu/campus life/health counseling/counseling center/making appointment

Anxiety and College Students



