

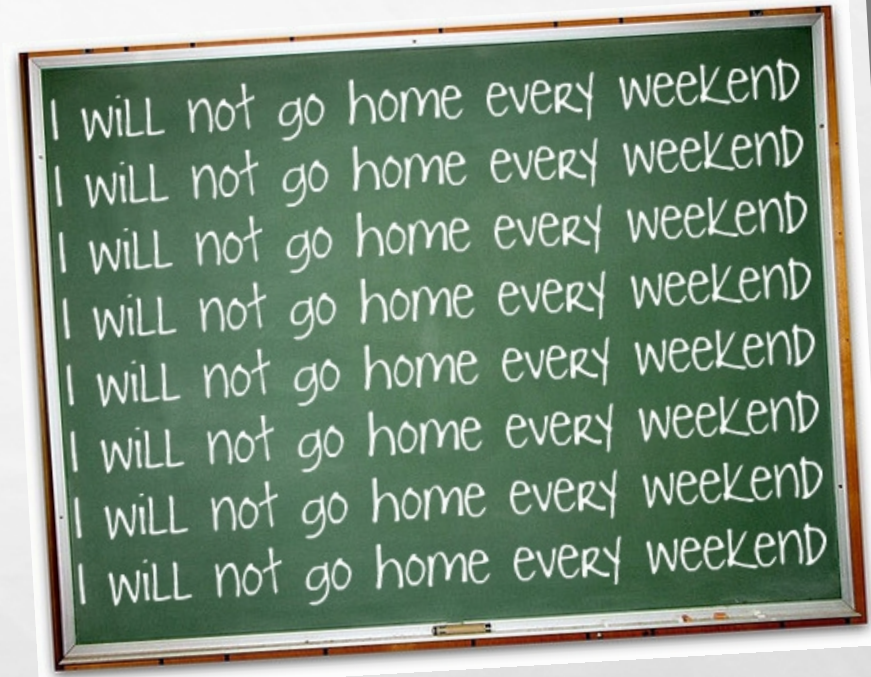
HOMESICKNESS

Around November, students can start to feel homesick as they prepare for the holiday season and the weather starts to become gloomy. This is completely normal!

Stay connected with home by video-chatting, using social media, and calling.

However, don't forget that ECU is your new home and this can be an adjustment. If you haven't joined an organization or club, it is not too late and this can be a great way to make friends or have a distraction from feeling homesick.

Talk to someone! Whether it be a counselor, faculty member, friend, or family member--at this point in the semester, students truly need their support system by their side.



ECU Counseling Center: 252-328-6661

ECU CARES: 252-737-5555

CONCERNED FOR A FRIEND?

- If you have noticed someone in your residence hall, classes, or organization who is expressing concerning behavior please contact ECU CARES at 737-5555 or online to make an anonymous report.
- Some examples of concerning behavior include:
 - Suicidal ideation (talking about suicide, giving away belongings, etc.)
 - Binge drinking
 - Drug use
 - Depression
 - Anxiety
 - Someone acting out of their normal character

