

Anxiety screening offered for stressed

■ Students can fill out a self-evaluation and talk with health professionals for free.

By JOHN HEJKAL
Staff writer

For those feeling stressed out by the wear and tear of college life, help may be at hand.

Free anxiety-disorder screening will be offered today at the Nebraska Union from 10 a.m. to 8 p.m.

The first step in the screening is a video presentation designed to focus on problems college students may face.

After watching the video, students may fill out a written self-test for disorders. They can then discuss the results privately with a mental health professional.

The whole process should take no more than a half-hour, said Mary Swoboda, a licensed clinical social worker at Counseling and Psychological Services of the University Health Center.

Counseling and Psychological Services, the Employee Assistance Program and the Psychological Consultation Center's Anxiety Disorders Clinic are the sponsors for the event. Workers from all three facilities will be involved in the screening.

The screening program is designed to catch anxiety disorders early on and to educate people about

“It doesn't make sense to suffer through anything.”

MELANIE VAN DYKE
clinic assistant director

them, said Melanie Van Dyke, the assistant director of the Anxiety Disorders Clinic.

Stress is “a natural part of college life, with term papers and deadlines, but sometimes stress can be a sign of an anxiety disorder,” Van Dyke said.

Twenty-three million Americans have an anxiety disorder, but they are highly treatable, she said.

“It doesn't make sense to suffer through anything.”

The mental health professionals will offer guidance based on what a person's symptoms are, how long the symptoms have been a problem and how severe they have been. Van Dyke said disruptions of work, family or social life could indicate a disorder.

Free information on disorders and on referrals will also be provided.

Such screening has been offered in previous years, but this is the first time it has been an all-day event.

The longer hours should allow busy students a better chance to take advantage of the opportunity, Van Dyke said.

Similar screening will also be offered April 7 at the Health Fair at the Nebraska East Union.

Twisted metal



SCOTT MCCLURG/DN
TOP: JANET DVORAK is treated by EMTs Monday after being rescued from her red Ford Tempo, which flipped onto its top after a collision with a tan Ford driven by Jeanne Egger. No one was injured in the accident, which occurred at 16th and O streets at 5:45 p.m. RIGHT: JOE LEAZER of Capital Towing pushes over the flipped car as Officers Nathan Flood, left, and Brian Ward look on. Dvorak was cited for negligent driving. Police said she had been drinking.



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