

Mental Health Resources

It's OK to ask for Help



TO TALK TO SOMEONE ON AN ONGOING BASIS

- **Student Health and Counseling (SHAC)** has free 1-on-1 counseling, and can make referrals. There are also psychiatric services and a dietician.



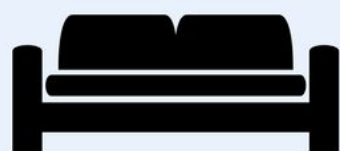
IF YOU THINK A FRIEND MAY BE IN DANGER

- In an emergency, call security (507-222-4444) and **stay with the person**
- You can call the **24-hour counseling line** for advice on how to help (855-705-2479)
- Talk to an **RA, AD** or **dean**
- Submit a **Community Concern Form** through the Dean of Students' Office site



TO TALK TO SOMEONE IMMEDIATELY

- **24-hour phone counseling:** 855-705-2479
- **SHAC** may have a last-minute appointment. Ask at the reception desk
- The **Chaplains** are a confidential resource
- **RAs** can direct you to help
- Many Peer Leaders, including all **Chaplains' Associates** and **SWAs** are trained in Mental Health First Aid



GROUP SUPPORT

- **Professional:** SHAC offers group therapy free to students
- **Educational:** *Happy Hour* is a mental wellness course offered through the Office of Health Promotion



TO GAIN SKILLS FOR DISCUSSING MENTAL HEALTH

- **Mental Health First Aid Training** is offered once a term
- **Open Minds** is a peer-led mental health seminar
- **MHAC** meetings & events

SEXUAL MISCONDUCT

If you are experiencing poor mental health due to sexual harassment or assault, additional resources include:

- **The Title IX Office** and the Title IX coordinator, Laura Riehle-Merrill (https://apps.carleton.edu/dos/sexual_misconduct/)
- **Campus Advocates Against Sexual Harassment and Assault (CAASHA)**, peer leaders who can help you navigate the sexual misconduct complaint process at Carleton, and provide support

MENTAL HEALTH AND SOCIAL IDENTITY

If you have mental health concerns related to your social identity (sexual orientation, race, ethnicity, class, etc.) the following may be helpful:

- **The Gender and Sexuality Center (GSC)** offers support/discussion groups and the Queer Peers mentoring program
- **TRIO/SSS** is a program for low-income, or first-generation college students, or those with a disability. TRIO offers peer mentoring for first-year students, and advising with a staff member
- **The Office of Intercultural and International Life (OIL)** has a peer mentoring program offering support (academic, social, etc.) to students of color and international students.
- **Disability Services Office** (basement Burton) can assist students with disabilities

WHAT IS A CONFIDENTIAL RESOURCE?

- Confidential resources will not be required to report information to Carleton, *except in extreme circumstances* where there is a legal obligation to do so (for example, when there is an imminent risk to someone's safety)
- The confidential resources at Carleton are:
 - Staff at **SHAC**
 - The **Chaplains**, Carolyn Fure-Slocum, Shosh Dworsky, and Ailya Vajid

Additionally, if you are concerned about a friend but want to maintain privacy, you may choose to submit a Community Concern form anonymously (https://apps.carleton.edu/campus/dos/forms/community_concern/)

If you are a LGBTQ student in crisis, having suicidal thoughts, or in need of a safe and judgment-free place to talk:

- Call the Trevor Lifeline now at 866-488-7386
- Text "Trevor" to 1-202-304-1200

If you are a student of color, feeling stressed, depressed, or anxious

- Text STEVE to 741741