



PEAR Department Mental Health

## RESOURCE CARD FOR STUDENT-ATHLETES AND COACHES

### MENTAL HEALTH CONCERNS:

- Stress
- Depression/Bipolar
- Anxiety
- Eating Issues
- Sleep Disorders
- Alcohol & Drug Abuse
- Suicidal Thoughts

[go.carleton.edu/knightsmentalhealth](http://go.carleton.edu/knightsmentalhealth)

## IF A TEAMMATE COMES TO YOU

### WHAT TO DO:

- If teammate comes to you about a mental health concern, you can be a helpful teammate by listening to them, showing concern, asking clarifying questions (see below) and helping them get support.

Remember that you are not expected to be an expert

Don't carry this information all by yourself or promise confidentiality, your teammate needs support from others and there are many resources on campus.

- Examples of clarifying questions:
  - *"I am someone who cares and wants to listen, what do you want me to know about how you are feeling?"*
  - *"It seems like you are going through a difficult time, how can I help you to find help?"*
- After hearing about the situation, let them know what resources are available (refer to this card)
- Let your captain or coach know about the situation
  - As a captain, you are the bridge between the team and the coaches. If you don't feel comfortable sharing this with your coach, please notify your trainer or athletic administrator.
  - Offer to support them by going with them to Student Health and Counseling (SHAC) to set up an appointment or call **507-222-4080**
- If you are **concerned about your teammate's safety** refer to the emergency section or call Security Services at **507-222-4444**

## IF YOU ARE CONCERNED ABOUT A TEAMMATE

### WHAT TO DO:

- If you are concerned about a teammate you can consult a coach, athletic director, captain, athletic trainer and Student Health and Counseling (SHAC).

- You can have a private conversation with the person expressing concern and support. These conversations are challenging, so make sure to listen and be caring. For suggestions on "how to" visit

[www.mentalhealth.gov/talk/friends-family-members/](http://www.mentalhealth.gov/talk/friends-family-members/)

- If you are concerned about a teammate you can also fill out a Community Concern Form:

[go.carleton.edu/concern](http://go.carleton.edu/concern)

- If you are unsure about the urgency of the situation, call the 24/7/365 Hour Phone Counseling Service **855-705-2479** to receive additional guidance or call Security Services at **507-222-4444**



## RESOURCES

### CAMPUS RESOURCES:

- Carleton Security Services **507-222-4444**
- Student Health and Counseling **507-222-4080**
- 24/7/365 Hour Phone Counseling Service **855-705-2479**

If you need urgent mental health support call this number to speak with a licensed mental health counselor

This service can be used for problem-solving immediate concerns such as:

- Concerns for self (suicidal ideation, self-harm, academic or social worries, strategies for managing stress, anxiety or low mood)
- Concerns for others (worried for another student's mental health, wondering if your concerns for a student require urgent attention)

The off-campus telephone counselors are aware of our campus and Northfield resources, are able to connect with local emergency care as needed, and communicate with SHAC staff to provide complete wrap-around services for the benefit of students.

- Dean of Students Office **507-222-4075**
- Office of the Chaplain **507-222-4003**
- After hours SHAC link:  
[apps.carleton.edu/studenthealth/afterhours/](http://apps.carleton.edu/studenthealth/afterhours/)

## ADDITIONAL RESOURCES

- Write your coaches' cell numbers below

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- Athletic Administration:

- Athletic Director, Gerald Young **507-222-4057**
- Assoc AD/SWA: Heidi Jaynes **507-222-4447**

- Athletic Trainers

- Rec Center Training Room **507-222-7371**
- West Gym Training Room **507-222-4059**
- Laird Stadium Training Room **507-222-5177**
- Add your team trainer's cell number here:

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- Northfield Hospital

- Main Number **507-646-1000**
- Emergency **507-646-1100**

- National Suicide Prevention Lifeline **1-800-273-8255**

## IF YOU ARE EXPERIENCING A MENTAL HEALTH CONCERN

### WHAT TO DO:

- If it's an emergency refer to the Emergency section, call Security Services **507-222-4444** or find someone to help
- Verbalize your concern with a friend, teammate, captain, athletic trainer, or coach
- Seek support from Student Health and Counseling (SHAC) **507-222-4080**
- Call the 24/7/365 Phone Counseling Service **855-705-2479** for urgent mental health services.
- Contact parents, relatives, or close friends for support



## EMERGENCY SITUATION

### WHAT IS AN EMERGENCY SITUATION?

- If someone is in danger of harming themselves or others
- If you do not feel comfortable leaving the person alone

### Call Security Services

- If you are worried about your own or another person's safety, call Security Services **507-222-4444**
  - If you are calling for someone else, stay with the person until Security Services arrives

### What Happens Next?

- A Security Services officer will arrive, assess the situation and call **911**, if necessary
- After the situation occurs, Security Services will notify additional campus personnel who will help support the student

### If You Were Involved

- Let your coach know about the situation so they can further support your teammate
- Consider how you have been impacted and seek support for yourself

## WHAT TO KNOW

- The PEAR department and Carleton College are here to support you
- You can choose who you confide in and what resources you use
- If you feel more comfortable talking to an athletic director about your concerns, their doors are always open
- There are many resources available on and off Carleton's campus, so you can find what works for you
- For any concern you have about another student, you can always fill out a community concern form [go.carleton.edu/concern](https://go.carleton.edu/concern)
- When helping a teammate it's most important to communicate your concern with someone else even if you are unsure what to do next
- You don't have to know the best way to help your teammate, but helping in any way is better than keeping the information to yourself