The Student Counseling Services website has a wealth of local resources and information for OTIS students, faculty and staff.

Counseling Center After Hours Emergencies:
National Suicide Lifeline: 1-800-273-TALK (8255) Live Chat available at www.suicidepreventionlifeline.org
Trevor Project (LGBT Suicide Prevention) Lifeline: 1-866-488-7386

TIPS FOR USING MHFA SKILLS IN OUR COMMUNITY:

• Take the time to connect with students who may need help: If you see something, say something
• Don’t make assumptions about the cause of a sign or symptom: Listen and engage to get more information
• Ground your concerns in behavioral observations
• Refrain from using diagnostic buzzwords or jargon to describe a student
• Ask for help if you’re stuck - review the flowchart on the back of this sheet for information about the appropriate contact person for student concerns
• Follow up with the student after making referrals

MHFA ACTION PLAN

A
Assess for risk of suicide or harm
L
Listen non-judgmentally
G
Give reassurance and information
E
Encourage appropriate professional help
E
Encourage self-help and other support strategies