

HELPING STUDENTS IN CRISIS

Counseling Services

If you need someone to talk to about personal issues, counseling help is available for free on campus. New Directions Student Assistance Program (SAP) hold office hours on campus each week. They can also refer students to other area providers and resources for further assistance. Students may make campus appointments by calling the private office number at 419-529-9941. This line is answered 24/7/365.

Students needing help but who do not have a regular counselor or other service provider can also call Catalyst Life Services at 419-522-4357.

Health Services

The Avita Walk-In Clinic operates similar to an urgent care and no appointment is necessary for students. The Avita Ontario Walk-In Clinic is open Monday through Friday from 9:00 am to 11:00 pm, and on Saturday and Sunday from 10:00 am to 9:00 pm. The Walk-In Clinic at Avita Ontario is located right inside the Main Entrance off of Fourth Street at 715 Richland Mall and is located within the Specialty Center. Avita also offers a pick up and drop off service from 9 am-5:30 pm for students without transportation. Students can call 419-295-3084 for transportation.

Other Rapid Response Services

Ohio Health MedCentral Urgent Care is located at 1750 W. Fourth St., Mansfield, OH, 44906, 419-526-8111. They accept walk-ins, and follow up with your family physician.

The Third Street Family Health Services is located at 600 West Third Street, Mansfield, OH, 44906, 419-522-6191, and serves underserved residents of Richland County, providing medical and dental care.

Depression

Depression is more than just sadness. People with depression may experience a lack of interest and pleasure in daily activities, significant weight loss or gain, insomnia or excessive sleeping, lack of energy, inability to concentrate, feelings of worthlessness or excessive guilt and recurrent thoughts of death or suicide. From apa.org/topics/depression/

Depression is the most common mental disorder. Fortunately, depression is treatable. For more information on depression, go to webmd.com/depression/guide/depression-symptoms-and-types.

Suicidal ideation is generally associated with depression and other mood disorders; however, it seems to have associations with many other mental disorders, life events, and family events, all of which may increase the risk of suicidal ideation. From en.wikipedia.org/wiki/Suicidal_ideation.

Suicide Warning Signs

Something to look out for when concerned that a person may be suicidal is a change in behavior or the presence of entirely new behaviors. This is of sharpest concern if the new or changed behavior is related to a painful event, loss, or change. From afsp.org/about-suicide/risk-factors-and-warning-signs/

General Guidelines for Approaching a Person in Psychotic or Suicidal Crisis

(Used by permission from Louise Douce, PhD)

- 1) Remain calm. Use a soft, steady voice, and assess the situation.
- 2) Try to establish rapport. Ask them their name, give them yours. Ask the person if they would like to have a seat, a drink of water, have you call their support system for them, such as a friend, parents, and/or physician.
- 3) Do not approach if the student is getting more agitated, is actively violent, or has a weapon. Call 911.
- 4) Use a non-threatening stance that includes slow movements, keeping a safe distance and not intruding into the person's space. Do not stare. Suppress any feelings so that you do not laugh nervously or inappropriately. Do not use a sideways stance, instead open up your stance and face the person. Let the person see that your hands are empty.
- 5) Use simple commands, such as "please sit down," or "don't do that."
- 6) Let them know that what they are doing is upsetting or worrisome to other people. Let them know that you are worried about them.
- 7) Be reassuring, but in general do not try to convince the student that his or her delusions are false. This is futile and he or she won't believe you.
- 8) Keep other people away from the student and call 911.
- 9) Professionals should transport a student who is agitated, actively suicidal or homicidal, psychotic, or very confused to ER. Do not attempt to transport the student yourself.
- 10) If the student leaves the building, call 911.

Suicide and LGBTQ Community

The LGBTQ community is at a higher risk for suicide because we lack peer support and face harassment, mental health conditions and substance abuse. For LGBTQ people aged 10–24, suicide is one of the leading causes of death. LGBTQ youth are 4 times more likely and questioning youth are 3 times more likely to attempt suicide, experience suicidal thoughts or engage in self-harm than straight people. Between 38-65% of transgender individuals experience suicidal ideation. From nami.org/Find-Support/LGBTQ.

Resources

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| New Directions SAP | newdirectionsforlife.com/ | 419-529-9941 |
| Richland County Mental Health | richlandmentalhealth.org | 419-774-5811 |
| NAMI Richland County | | 419-522-6264 |
| The Ohio State University Suicide Prevention Mansfield Campus Resources | suicideprevention.osu.edu/ mansfield.osu.edu/current-students/health-and-wellness/ | |
| Local 24-Hour Crisis/Suicide Prevention Services | | 419-522-4357 |
| State of Ohio Suicide Prevention Services | suicideprevention.ohio.gov/ | 800-273-8255 |
| National Suicide Prevention Lifeline (Veterans, press 1 to talk with a veteran) | | 800-273-8255 |
| NAMI Richland County | | 419-522-6264 |