

CONCERNS ABOUT YOUR BEHAVIOR

Mental health concerns do not need to be severe for you to connect with support resources. Remember that your feelings are valid and seeking help is a sign of strength. If you are concerned about what you are experiencing, consider these possible warning signs, noting that each person is different.

- **Mood Changes:** constantly worrying, outbursts of emotions, feeling empty, having trouble connecting with others.
- **Behavioral Changes:** suicidal thoughts or planning, self-injury behaviors, withdrawing from friends and family, increased substance use, experiencing delusions or hallucinations.
- **Physical Changes:** disturbed sleeping patterns (too much or not enough), noticeable changes in eating behaviors, sudden sweating, nausea, trouble breathing, increased heart rate. Changes in appearance and not engaging in basic self-care.
- **Changes in Work or School:** avoiding classes, constantly worrying, struggling to complete tasks.
- **Changes in Relationships:** fighting with friends or family more than usual, feeling like others are out to get you, have had someone recently share concerns over your mental health, feeling disconnected from reality.
- **Changes in Communication:** saying things like "I am worthless, what's the point, I am messing up everything in my life." This can include what is shared online.

CONCERNS ABOUT THE BEHAVIOR OF ANOTHER PERSON

Noticing signs and knowing how to approach someone else who may need additional support in balancing the demands of school may not always be easy. It is important to bring up your concerns with your friend rather than waiting for them to confide in you. Choose a private location and come from a place of care and concern. Be specific about the behavior that is concerning you. Listen and avoid judgment. Take all comments about suicide seriously.

HOW TO HELP

- **If you or a friend are in immediate danger, call 911 or 610-436-3311 on campus.**
- Consider exploring available resources in this guide. Offer to go with a friend for support.
- Share information with the CARE team for help getting connected to campus resources.
https://cm.maxient.com/reportingform.php?WestChesterUniv&layout_id=3

Source: <https://jedfoundation.org>

This document was created by Wellness Promotion.

MENTAL HEALTH ORGANIZATIONS

JED Foundation • <https://jedfoundation.org> • A nonprofit that protects emotional health and prevents suicide for our nation's teens and young adults, providing skills and support.

Active Minds • <https://www.activeminds.org/> • A nonprofit organization supporting mental health awareness and education for young adults.

National Alliance on Mental Illness • <https://nami.org/Home> • A mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

Steve Fund • <https://www.stevelfund.org/> • Supporting the mental health and emotional well-being of young people of color.

Trevor Project • <https://www.thetrevorproject.org/> • Providing information and support to LGBTQ young people, 24/7
Text Start to 678-678 or call 866-488-7386

IF YOU ARE EXPERIENCING A MENTAL HEALTH EMERGENCY

- Call 911
- WCU Public Safety: 610-436-3311
- National Suicide Prevention Lifeline: 988
- Crisis Text Line: text "HOME" to 741741



MENTAL HEALTH APPS

anxiety

Breathe2Relax | Fluid Monkey | Universal Breathing | Deep Relaxation

DEPRESSION

MoodSpace | Mood Tracker | Virtual Hope Box

MEDITATION & MINDFULNESS

Lightening Bug Sleep Clock | Relax and Sleep | Simply Being Guided Meditation | Stop, Breathe & Think

CAMPUS RESOURCES

CONFIDENTIAL RESOURCE

Counseling & Psychological Services (Counseling Center)

610-436-2301

www.wcupa.edu/CounselingCenter

WCU is a JED Campus

www.wcupa.edu/_services/STU/jed-campus/

Office of the AVP of Health and Wellness

www.wcupa.edu/_services/STU/health-and-wellness

Campus Recreation 610-436-1REC

www.wcupa.edu/_services/CampusRec/

CARE Support Services 610-436-3089

www.wcupa.edu/CARE

The CARE team identifies alarming behavior and provides support to someone who may have academic/and or personal challenges which may impact their college experiences

Center for Civic Engagement and Social Impact

..... 610-436-3379

www.wcupa.edu/_services/civicEngagementSocialImpact/contact.aspx

Numerous campus resources including the Resource Pantry and Benefits Hub

Center for Contemplative Studies 610-436-2200

www.wcupa.edu/healthSciences/contemplativeStudies

Connection to mindfulness and meditation experiences

Center for Trans and Queer Advocacy 610-436-3417

www.wcupa.edu/_services/transAndQueer/

Center for Women and Gender Equity 610-436-2122

www.wcupa.edu/_services/women-gender-equity/

Office for Diversity, Equity and Inclusion... 610-436-2433

www.wcupa.edu/_admin/diversityEquityInclusion/

Office of Educational Accessibility..... 610-436-2564

www.wcupa.edu/universityCollege/ossed/

Office of Student Conduct 610-436-3511

www.wcupa.edu/conduct/

Ram Resources

www.wcupa.edu/ram-resources/

Search university resources based on various concerns

Residence Life & Housing 610-436-3307

www.wcupa.edu/residenceLife/

Sexual Misconduct Information/Title IX .. 610-436-2433

www.wcupa.edu/_admin/diversityEquityInclusion/sexualMisconduct/default.aspx

Student Assistance 610-436-2294

www.wcupa.edu/studentassistance

Student Assistance provides support for students who are navigating class absences due to illness, personal or family emergencies and have appropriate documentation

Student Health Services 610-436-2509

www.wcupa.edu/StudentHealthServices

University College 610-436-3416

www.wcupa.edu/universityCollege/supportServices.aspx

Connection to resources including the learning assistance and resource center, success coaching, writing center, and the Ram Initiative

Wellness Promotion 610-436-0730

www.wcupa.edu/wellness/

Connection to educational programming and services, including wellness coaching and exploring your relationship with alcohol and other substances

**The WCU Counseling Center has an alcohol and other drug counselor as well as a Clinical Case & Referral Specialist to assist students in connecting to mental health resources off-campus as needed. Call 610-436-2301 for additional information.*

IMPORTANT PHONE NUMBERS

Emergency 911

National Suicide Prevention Lifeline..... 988

Crisis Text Line Text HOME to 741-741

Chester County's Warm Line: *If you are feeling lonely, depressed, or anxious and just want to talk* 1-866-846-2722

Public Safety 610-436-3311

Valley Creek Crisis Center For Community Help.... 610-280-3270

Translifeline.org 1-877-565-8860

The Crime Victim's Center of Chester County: 24-Hour Hotline
..... 610-692-7273