



HELPING STUDENTS IN DISTRESS

Office Hours:
Monday- Friday
9:00am - 5:00pm
Closed 12-1:15pm*

The Counseling Center
91 St. Clair Street

(315) 781-3388 Crisis Hotline: Option 1

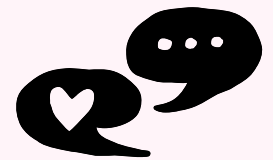
Question: "Are you having thoughts of harming yourself or others?"

Persuade: "I know we can find someone to help. Will you come with or allow me to call?"

Refer: "Let's get in touch with the CC or their crisis hotline."

Contributing Factors can include; transitioning/adjusting to a new environment, social/academic pressure to perform, feelings of failure, loss of identity, family history of psychological disorders, and lack of coping skills.

Urgent Care:
Monday- Friday
9:00am - 12:00pm
and
1:30-4:00pm



Assisting the Student &
Making a Referral:

Be direct & specific. Express Care. Instill Hope. Be a good listener. Respect privacy & avoid "labeling" behavior.

Safety is the #1 Priority.

Suggest the student talks to a counselor at the CC, or, uses the emergency hotline. If help is refused, and situation remains urgent, call for help.

Campus Safety: 781-3333
GGH: 787-4500 or 911

You have the right to seek help for yourself, too!

