WHAT TO DO IN A MENTAL HEALTH SITUATION

Is person who is having a mental health crisis thinking of suicide?

- Yes
  - Call 911 and request a C.I.T. Officer
  - Call Epworth for free evaluation (574)647-8400
  - Go to emergency room
  - Call 1-800-273-TALK (8255)
  - Text START to 741741
  - Text CSIS to 839863

- No
  - TO ACCESS MENTAL HEALTH CARE
    - INSURED
      - Contact your mental health provider or see resources on reverse side
    - UNINSURED
      - Uninsured students can be referred to the following
        - Oaklawn
        - Lincoln Therapeutic
        - See Community Resource guide for sliding fee mental health provider

If you do not have a mental health provider, contact your insurance provider to find a mental health provider in your network

LOOKING FOR MORE RESOURCES ON SUICIDE PREVENTION, INTERVENTION AND POSTVENTION?

CALL 1-800-273-TALK (8255)