

HELP IS HERE

Cuyahoga Community College

STUDENT RESOURCE GUIDE

CAMPUS RESOURCES

Counseling and Psychological Services

216-987-6000, Option #4
(Specify campus when you call)
www.tri-c.edu/counseling

Campus Police and Security Services

Emergency:
216-987-4911
Non-emergency:
216-987-4325
www.tri-c.edu/campuspolice

Student Accessibility Services

www.tri-c.edu/SAS

Campus Food Banks/Pantries

www.tri-c.edu/foodbank

Office of Student Affairs

www.tri-c.edu/studentaffairs

Title IX/Sexual Harassment

216-987-3949
www.tri-c.edu/titleix

TRIO Services

www.tri-c.edu/trio-programs

Veteran Services and Programs

216-987-3193
www.tri-c.edu/veterans

LOCAL AND NATIONAL RESOURCES

Alcoholics Anonymous

216-241-7387
www.aacle.org

Child Abuse Hotline

216-696-KIDS (5437)
www.cfs.cuyahogacounty.us

Circle Health Services

216-721-4010
www.circlehealthservices.org
Free medical, dental, and mental health services upon qualification

Cutting/Self-Injury

800-DONTCUT (366-8288)

Eating Disorders

Text NEDA to 741741
www.nationaleatingdisorders.org

Elder Abuse Hotline

216-420-6700
www.dsas.cuyahogacounty.us

First Call for Help

216-436-2000 or dial 211
www.211oh.org
Referrals for emergency housing, food, health, social and government resources

Greater Cleveland Food Bank

216-738-2265
www.greaterclevelandfoodbank.org

LGBT Community Center of Greater Cleveland

216-651-5428
www.lgbtcleveland.org

National Alliance on Mental Illness (NAMI)

216-875-7776
www.namigreatercleveland.org

24/7 HELPLINES AND RESOURCES

Mental Health Emergencies

Cuyahoga County: 216-623-6888
(also for emergency shelter/housing)
www.fontlineservice.org
Medina County: 330-725-9195
www.alternativepaths.org
Lorain County: 1-800-888-6161
Summit County: 330-434-9144

Suicide Prevention

Call 800-273-TALK (8255)
www.suicidepreventionlifeline.org
Online Chat
suicidepreventionlifeline.org/chat
• Spanish Speaking: 888-628-9454
• Deaf/Hard of Hearing/Speech Impaired: 800-799-4889

Crisis Textline

Text "4HOPE" to 741741 (Ohio only)
Text "GO" to 741741 (Nationwide)
www.crisistextline.org/textline

Cleveland Rape Crisis Center

Call OR Text: 216-619-6192 or 440-423-2020
Online Chat: clevelandrapeccrisis.org/chat

Domestic Violence Center

216-391-HELP (4357)
www.dvcac.org

Human Trafficking Hotline

888-373-7888 or
Text "HELP" or "INFO" to 233733
www.humantraffickinghotline.org

Narcotics Anonymous

888-438-4673
www.na.org

Runaway Safeline

800-786-2929 or **Text** "SAFE" and your current location to 69866
www.1800runaway.org

Sexual Assault Hotline

800-656-HOPE (4673)
<https://hotline.rainn.org>
Online Chat: online.rainn.org

The Trevor Lifeline: Preventing Suicide Among LGBTQ+ Youth

866-488-7386
Text "Start" to 678678
Online Chat: 7 days/week: 3-9 p.m.
www.thetrevorproject.org

Transgender Lifeline

877-565-8860
www.translifeline.org

Veterans Crisis Line

800-273-8255 (Press 1) • **Text:** 838255
www.veteranscrisisline.net

REPORTING SOCIAL MEDIA CONCERNS:

www.tri-c.edu/helpishere



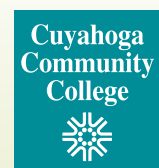
Student Resources



Social Media Concerns

Reaching out can be difficult. But with the Tri-C Help Is Here app, caring and effective help is just a tap away.

search term: help is here



tri-c.edu/helpishere



Top 10 Healthy Habits to Help Yourself

- Set aside time to spend with the important people in your life, including yourself!
- Make sure you get enough sleep.
- Exercise on a regular basis to keep your body moving.
- Eat healthy foods to help your brain and mood – a diet rich in greens and a variety of natural colors; light on sugar and alcohol.
- Reduce your stress by journaling, listening to music, reading or something healthy you enjoy.
- Turn off and disconnect from technology.
- Spend some time with nature – hang out at the park or head to the beach.
- Socialize in real time – that means face-to-face communication!
- When things get difficult, see a counselor and talk things out.
- Try meditating – it's free and it helps!

For relaxation and stress reduction apps, music and websites, visit www.tri-c.edu/helpishere and click on "Mobile Apps" and "Mental Health & Wellness."

How to Help a Friend:



DO:

- Take comments or thoughts about suicide seriously.
- Talk openly and matter-of-factly about suicide. Asking someone if they are thinking about suicide won't make them suicidal.
- Be willing to listen without judgment.
- Get involved and be available. Seek help by contacting a 24/7 resource on the front of this guide.
- Offer hope that alternatives are available.
- Take action: Remove means (weapons, pills) without putting yourself in danger. Call 911 if needed.
- Thank them for talking with you.

What to say to a friend:

- I've been concerned about you and want to check in because you haven't seemed yourself.
- You are not alone in this. I'm here for you and I want to get you the help you deserve to feel better.
- I know it might be hard to believe this right now, but with help, things can get better.
- I may not be able to understand exactly how you feel, but I care about you and want to help.

DON'T:

- Leave the person alone.
- Morally debate whether suicide is right or wrong or whether feelings are good or bad.
- Lecture on the value of life.
- Act shocked. This will put distance between you.
- Be sworn to secrecy. Even licensed professionals break confidentiality when life is at risk.
- Change the subject when discussing suicide.

What NOT to say to a friend:

- You'll get over it.
- You just need a good night's sleep.
- Let's go do something and forget about it.
- You're not really serious about suicide, right?
- You should focus on all the good stuff in your life.

For these facts and more visit www.suicidepreventionlifeline.org

INFORMATION ABOUT HELPING YOURSELF OR OTHERS:

www.tri-c.edu/helpishere



Student Resources



How to Help a Friend



Fast Facts about College Students

- About 26% (1 in 4) of Americans 18 years and older live with a diagnosable mental health disorder.
- More than 80% of college students felt overwhelmed by all they had to do in the past year and 45% have felt things were hopeless.
- Nearly 75% of mental health conditions emerge by age 24.
- Young adults ages 18-24 have the highest prevalence of diagnosable forms of mental illness among the entire population, at 27%.

For these facts and more visit www.nami.org and www.activeminds.org

Suicide Warning Signs

These signs may mean someone is at risk for suicide. Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss, or change.

- Talking about wanting to die or to kill oneself.
- Looking for a way to kill oneself, such as searching online or buying a gun.
- Talking about feeling hopeless or having no reason to live.
- Talking about feeling trapped or in unbearable pain.
- Talking about being a burden to others.
- Increasing the use of alcohol or drugs.
- Acting anxious or agitated; behaving recklessly.
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

