

# 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](http://www.tri-c.edu/counseling)

##### Campus Police and Security Services

*Emergency:*  
216-987-4911  
*Non-emergency:*  
216-987-4325  
[www.tri-c.edu/campuspolice](http://www.tri-c.edu/campuspolice)

##### Student Accessibility Services

[www.tri-c.edu/SAS](http://www.tri-c.edu/SAS)

##### Campus Food Banks/Pantries

[www.tri-c.edu/foodbank](http://www.tri-c.edu/foodbank)

##### Office of Student Affairs

[www.tri-c.edu/studentaffairs](http://www.tri-c.edu/studentaffairs)

##### Title IX/Sexual Harassment

216-987-3949  
[www.tri-c.edu/titleix](http://www.tri-c.edu/titleix)

##### TRIO Services

[www.tri-c.edu/trio-programs](http://www.tri-c.edu/trio-programs)

##### Veteran Services and Programs

216-987-3193  
[www.tri-c.edu/veterans](http://www.tri-c.edu/veterans)

#### LOCAL AND NATIONAL RESOURCES

##### Alcoholics Anonymous

216-241-7387  
[www.aacle.org](http://www.aacle.org)

##### Child Abuse Hotline

216-696-KIDS (5437)  
[www.cfs.cuyahogacounty.us](http://www.cfs.cuyahogacounty.us)

##### Circle Health Services

216-721-4010  
[www.circlehealthservices.org](http://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](http://www.nationaleatingdisorders.org)

##### Elder Abuse Hotline

216-420-6700  
[www.dsas.cuyahogacounty.us](http://www.dsas.cuyahogacounty.us)

##### First Call for Help

216-436-2000 or dial 211  
[www.211oh.org](http://www.211oh.org)  
Referrals for emergency housing, food, health, social and government resources

##### Greater Cleveland Food Bank

216-738-2265  
[www.greaterclevelandfoodbank.org](http://www.greaterclevelandfoodbank.org)

##### LGBT Community Center of Greater Cleveland

216-651-5428  
[www.lgbtcleveland.org](http://www.lgbtcleveland.org)

##### National Alliance on Mental Illness (NAMI)

216-875-7776  
[www.namigreatercleveland.org](http://www.namigreatercleveland.org)

#### 24/7 HELPLINES AND RESOURCES

##### Mental Health Emergencies

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

##### Suicide Prevention

Call 800-273-TALK (8255)  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)  
**Online Chat**  
[suicidepreventionlifeline.org/chat](http://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](http://www.crisistextline.org/textline)

##### Cleveland Rape Crisis Center

Call OR Text: 216-619-6192 or 440-423-2020  
Online Chat: [clevelandrapeccrisis.org/chat](http://clevelandrapeccrisis.org/chat)

##### Domestic Violence Center

216-391-HELP (4357)  
[www.dvcac.org](http://www.dvcac.org)

##### Human Trafficking Hotline

888-373-7888 or  
Text "HELP" or "INFO" to 233733  
[www.humantraffickinghotline.org](http://www.humantraffickinghotline.org)

##### Narcotics Anonymous

888-438-4673  
[www.na.org](http://www.na.org)

##### Runaway Safeline

800-786-2929 or Text "SAFE" and your current location to 69866  
[www.1800runaway.org](http://www.1800runaway.org)

##### Sexual Assault Hotline

800-656-HOPE (4673)  
<https://hotline.rainn.org>  
**Online Chat:** [online.rainn.org](http://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](http://www.thetrevorproject.org)

##### Transgender Lifeline

877-565-8860  
[www.translifeline.org](http://www.translifeline.org)

##### Veterans Crisis Line

800-273-8255 (Press 1) • Text: 838255  
[www.veteranscrisisline.net](http://www.veteranscrisisline.net)

#### REPORTING SOCIAL MEDIA CONCERNS:

[www.tri-c.edu/helpishere](http://www.tri-c.edu/helpishere)



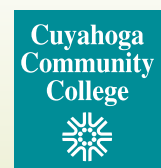
Student Resources



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](http://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](http://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](http://www.suicidepreventionlifeline.org)*

## INFORMATION ABOUT HELPING YOURSELF OR OTHERS:

[www.tri-c.edu/helpishere](http://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](http://www.nami.org) and [www.activeminds.org](http://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.

