

HELP IS HERE

Cuyahoga Community College

STUDENT RESOURCE GUIDE

tri-c.edu/studentresourceguide

24/7 HELPLINES AND RESOURCES

Suicide and Crisis Lifeline

Call: 988 (Veterans +1; español +2)

Text: 988 (texto "AYUDA" para español)

Online Chat:

www.988lifeline.org/chat/ (English)

www.988lifeline.org/es/home/ (español)

TTY Users: Dial 711, +988

United Way 2-1-1

Call: 211 or 216-436-2000

Online Chat/Website: www.211oh.org

Referrals for emergency housing, food, health, social and government resources

County Mental Health Crisis Lines

Cuyahoga: 216-623-6888

(also for emergency shelter/housing)

www.frontlineservice.org

Lorain: 1-800-888-6161

www.nordcenter.org

Medina: 330-725-9195

www.alternativepaths.org

Summit: 330-434-9144

www.admboard.org

Crisis Text Line

Text Line: HOME to 741741 ("AYUDA" para español)

Online Chat:

connect.crisistextline.org/chat

Text Line is here for everything: anxiety, depression, suicide, school, substance, eating disorders and more.

www.crisistextline.org

Cleveland Rape Crisis Center

Call OR Text: 216-619-6192 or

440-423-2020

www.clevelandrapecrisis.org

Online Chat: clevelandrapecrisis.org/chat

Journey Center for Safety and Healing

Call OR Text: 216-391-4357 (HELP)

Online Chat: www.journeyneo.org/text-to-chat

www.journeyneo.org

Support for those impacted by domestic violence and child abuse.

National Domestic Violence Hotline

Call: 1-800-799-SAFE (7233)

Text: "START" to 88788

TTY: 1-800-787-3224

www.thehotline.org

Human Trafficking Hotline

1-888-373-7888

Text: 233733

TTY: 711

Online Chat:

www.humantraffickinghotline.org/en/chat

www.humantraffickinghotline.org

National Runaway Safeline

1-800-786-2929

Online Chat: www.1800runaway.org

Ohio CareLine

Professional support for personal or family crisis

1-800-720-9616

Sexual Assault Hotline:

1-800-656-HOPE (4673)

Online Chat: www.hotline.rainn.org/online

www.rainn.org

The Trevor Project Lifeline: LGBTQ+ Youth

1-866-488-7386

Text: 678678

Online Chat:

www.thetrevorproject.org/get-help/

www.thetrevorproject.org

Transgender Lifeline

1-877-565-8860 (español +2)

www.translifeline.org

Veterans Crisis Line

Call OR Text: 988, then press 1

www.veteranscrisisline.net

CAMPUS RESOURCES

Counseling and Psychological Services

216-987-5200

www.tri-c.edu/counseling

Campus Police and Security Services

Emergency: 216-987-4911

Non-emergency: 216-987-4325

www.tri-c.edu/campuspolice

Campus Food Banks/Pantries

www.tri-c.edu/foodbank

Office of Student Affairs

www.tri-c.edu/studentaffairs

Student Accessibility Services

www.tri-c.edu/SAS

Title IX/Sexual Harassment

216-987-3949

www.tri-c.edu/titleix

TRIO Services

www.tri-c.edu/trio-programs

Veteran and Military Connected Services

www.tri-c.edu/veterans

LOCAL AND NATIONAL RESOURCES

Alcoholics Anonymous

216-241-7387 or 1-800-835-1935

www.aacle.org

The Centers

216-721-4010

www.thecentersohio.org

Free medical, dental, and mental health services upon qualification.

Child Abuse Hotline

216-696-KIDS (5437)

hhs.cuyahogacounty.us/programs/detail/report-abuse-or-neglect

Eating Disorders

Text: NEDA to 741741

1-888-375-7767

www.nationaleatingdisorders.org

Elder Abuse Hotline

216-420-6700 OR 855-644-6277

www.aps.jfs.ohio.gov

Greater Cleveland Food Bank

216-738-2067

www.greaterclevelandfoodbank.org

LGBT Community Center

of Greater Cleveland

216-651-5428

www.lgbtcleveland.org

Narcotics Anonymous

1-888-438-4673

www.na.org

National Alliance on Mental Illness (NAMI)

216-875-7776

www.namigreatercleveland.org

Get the free
Help Is Here app!
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 more relaxation tips, visit www.tri-c.edu/relax.

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

www.tri-c.edu/helpishere



How to Help Myself



How to Help Others



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.

