



Student Mental Health Resource Card

Examples of Mental Health Concerns:

Anxiety
Alcohol Abuse
Depression
Disordered Eating
Disordered Sleep
Drug Abuse
Excessive Stress
Suicidal Thoughts

Additional Resources

- Northfield Hospital
 - Main Number **507-646-1000**
 - Emergency **507-646-1100**
- South Central Mobile Crisis Team
 - Local off-campus crisis support
 - **1-877-399-3040**
- National Suicide Prevention Lifeline
 - English **1-800-273-8255**
 - Spanish **1-888-628-9454**
- The Trevor Project
 - Support for LGBTQIA+ students
 - **1-866-488-7386**
- Trans Peer Support Hotline
 - All operators are transgender
 - Available 9am-3am
 - **1-877-565-8860**
- The Steve Fund
 - Support for students of color
 - Text **"STEVE"** to **741741**



Campus Resources

*In **NON-EMERGENCY** situations where you are concerned for yourself or others consider contacting support on campus.*

- Dean of Students Office
507-222-4075
- Office of the Chaplain
507-222-4003
- Student Health and Counseling
507-222-4080
- Carleton Counseling Line
855-705-2479
- Academic Advisor
- Coach
- Gender and Sexuality Center
- Disability Services for Students
- Office of Health Promotion
- Office of Intercultural and International Life
- TRIO Student Support Services
- Other trusted staff and/or faculty

Concerned about a friend's mental health?

Steps to consider when talking with a friend about your concerns.

- 1. Actively listen.** Mindfully hear and attempt to comprehend the perspective of your friend.
- 2. Express your concern.** Let your friend know that you care about them and then let them know about the specific behaviors you are concerned about.
- 3. Seek additional resources.** Refer your friend to campus resources that specialize in the area(s) of concern.
- 4. Follow up.** Get together with your friend and ask how they are doing, specifically about the concern(s) you have expressed.
- 5. Engage in self-care.** Take some time to engage in something that you enjoy so that helping your friend doesn't lead to more stress for you.

***Not sure how to address a concern,
submit a Community Concern Form at
<http://go.carleton.edu/ccf>***

Emergency Situations

If you are concerned about the safety of yourself or others, contact security services 507-222-4444.

Examples of emergency situations:

- suicidal thoughts/plans/attempts
- alcohol poisoning
- panic attack
- life-threatening self-injury
- drug overdose
- missing student

What Happens Next?

- A Security Services officer will arrive to assess the situation. If necessary, 911 and/or the Carleton Counseling Line may be contacted.
- Security Services will notify additional campus personnel who will help support the student.
- Designated Division of Student Life staff will follow up with the student.

Support & Self-Care

Identifying supportive persons in your life and healthy self-care practices can be helpful to your own mental well-being.

Who are your supports?

What are your favorite healthy self-care practices?

*Not sure how to identify supportive persons or healthy self-care practices?
Contact campus resources.*