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.