CONCERNED FOR A FRIEND OR YOURSELF?
HELP IS AVAILABLE

Concern
Recognize the signs for needing support soon
If someone:
• Looks or acts differently than normal
• Stops going to class or participating in activities
• Isolates themselves from other people
Respond by
• Asking them how they’re doing
• Offering support resources they could use and asking how they prefer to get connected
• Letting a support resource know
Reach out by email, phone, or in-person, day or night
• Community Director
• Class Deans 781.283.2325
• Counseling 781.283.2839

What to Expect
Someone will respond to you the next business day. Please tell them the best way to reach you.

Urgent
Recognize the signs for needing support now
If someone:
• Is withdrawn, tearful, distraught
• Reports having a tough time
• Says they don’t know what to do
• Stops taking care of themselves, e.g. showering, eating
• Expresses suicidal thoughts
• Reports a suicide attempt while at Wellesley or shortly before coming to Wellesley
Respond by
• Telling the person you’re concerned
• Asking them which support resource they prefer
• Telling them you’re reaching out for help
Reach out by phone or in-person
Day:
• Counseling 781.283.2839
• Class Deans 781.283.2325
• Call Campus Police and ask for CD on duty 781.283.5555
Night:
• Counseling 781.283.2839
• Find a Res Life RA, HP, or CD
• Campus Police 781.283.5555

What to Expect
Someone will see the student as soon as possible to create a support plan.

Emergency
Recognize the signs for immediate danger
If someone:
• Says they’re going to hurt themselves or someone else
• Acts erratically or makes no sense
• Has acted on suicidal thoughts, e.g. overdose
• Expresses a plan or intention to commit suicide
Respond by taking IMMEDIATE ACTION
• Tell the person you are calling for help
• If it’s safe, stay with them until help arrives
• Tell emergency responders what you know
CALL
Campus Police 781.283.5555 or 911 off campus

What to Expect
Campus Police will respond and notify the community director on call to assist. A mental health clinician will assess the person of concern.

Sexual misconduct or discrimination? www.wellesley.edu/TitleIX | Schneider 214 | titleix@wellesley.edu | 781.283.2451
MORE RESOURCES

- THE DEAN OF STUDENTS AND STUDENT LIFE SERVICES
  wellesley.edu/studentlife/aboutus

- CLASS DEANS AND ADVISING RESOURCES
  wellesley.edu/advising/classdeans

- RELIGIOUS AND SPIRITUAL LIFE ON CAMPUS
  wellesley.edu/religiouslife

- THE COUNSELING CENTER AND GROUPS ON CAMPUS
  wellesley.edu/counseling

- HEALTH SERVICES ON CAMPUS
  wellesley.edu/healthservices

- OPTIONS FOR INTERCULTURAL EDUCATION
  wellesley.edu/studentlife/intercultural/oice

- RESOURCES AND COMMUNITY FOR INTERNATIONAL STUDENTS
  wellesley.edu/international

- STUDY SKILLS, WORKSHOPS, AND TUTORING HELP
  wellesley.edu/pltc

- ACCESSIBILITY AND DISABILITY RESOURCES
  wellesley.edu/adr

- YOUR NEW HOME IN THE RESIDENCE HALLS
  wellesley.edu/reslife