

CONCERNED FOR A FRIEND OR YOURSELF?

HELP IS AVAILABLE

- **Recognize**
the signs
- **Respond by**
talking about it
- ▽ **Reach out to**
someone for support



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- Is withdrawn, tearful, distraught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.

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

