

THE OHIO STATE UNIVERSITY – SCHOOL OF EARTH SCIENCES

MENTAL HEALTH SUPPORT OPTIONS

As a student you may experience a range of issues that can cause barriers to learning, such as strained relationships, increased anxiety, alcohol/drug problems, feeling down, difficulty concentrating and/or lack of motivation. These mental health concerns or stressful events may lead to diminished academic performance or reduce a student's ability to participate in daily activities.

The Ohio State University offers services to assist you with addressing these and other concerns you may be experiencing. If you or someone you know are suffering from any of the aforementioned conditions, you can learn more about the broad range of confidential mental health services available on campus.

- Office of Student Life's Counseling and Consultation Service (CCS) by visiting ccs.osu.edu or calling 614-292-5766.
- You can reach an on-call counselor when CCS is closed at 614-292-5766.
- 24 hour emergency help is also available through the 24/7 National Suicide Prevention Hotline at 1-800-273-TALK or at suicidepreventionlifeline.org.

OTHER SUPPORT OPTIONS

What if I need immediate assistance or if I am in crisis?

If you are in crisis, go here: <https://ccs.osu.edu/about-us-and-our-services/need-immediate-assistance>

What are some other options for mental health support on campus?

- Buckeye PAL: The Buckeye Peer Access Line is a non-emergency talk line that provides a space for students to engage in brief phone conversations to gain peer support and learn about campus resources.
- OSU SMART LAB. Uses biofeedback to help you identify sources of stress, problem solve ways to reduce stress, and practice relaxation techniques with our biofeedback software.
- OSU Office of Student Advocacy and OSU Office of Disability services - Offer services including support and solutions when academic performance is impacted by mental health or physical health concerns.
- OSU Psychology Services center offers therapy based services for a variety of mental health conditions.
- OSU Wexner Medical Center also offers a variety of psychiatry services including partial hospital programs, intensive outpatient programs, inpatient psychiatric hospitalization, and other services.
- OSU College of Nursing MINDSTRONG - The College of Nursing presents MINDSTRONG, an evidence-based cognitive-behavioral skills building program with a goal of improving resiliency and self-protective factors for the overall wellbeing of students, as well as faculty and staff and their families. Their goal is to leverage consistent, evidence-based interventions to help you modify and/or develop lifestyle behaviors that improve overall mental health and physical well-being.

What about self help resources?

- You can sign up for this blog: osu.edu/emotionalfitness.
- The OSU CCS App from the Android and Iphone store offers easy-to-use multimedia strategies to feel better fast!
- Check out our self-help page (<https://ccs.osu.edu/self-help>).

WHAT TO DO TO HELP SOMEONE WHO IS STRUGGLING

Questions you can ask:

- How can I best support you right now?
- When you have experienced difficulties in the past, what has helped?

Things you can say:

- You are not alone in this. I'm here for you.
- While I might not understand exactly how you feel, I care about you and I want to help.
- Share information about resources (see above).

Listen without judgment:

- Remain patient and accepting. The conversation might seem negative and uncomfortable but talking is always a positive step.
- It's not about saying exactly the right words. The important thing to do is show that you care.

Use the Do's & Dont's: Talking with and finding help for someone that may be suicidal can be difficult. Here are some tips that may help.

- Be direct. Talk openly and matter-of-factly about suicide.
- Be willing to listen. Allow expressions of feelings. Accept the feelings.
- Be non-judgmental. Don't debate whether suicide is right or wrong, or whether feelings are good or bad. Don't lecture on the value of life.
- Get involved. Become available. Show interest and support.
- Don't dare him or her to do it.
- Don't act shocked. This will put distance between you.
- Don't be sworn to secrecy. Seek support.
- Offer hope that alternatives are available but do not offer glib reassurance.
- Take action. Remove means, like weapons or pills.
- Get help from people or agencies specializing in crisis intervention and suicide prevention.

If necessary, you should call 911 -- explain what to expect after 911 is called:

- Except in cases of medical emergency, the police will respond.
- Typically there will be one to two squad cars. The officers will want to have a conversation to understand the situation and the needs of the student.
- The police will transport student to the hospital if needed (not an ambulance).
- Police officers care first and foremost about your safety and are here to support students in these difficult situations. Explain to the student that they are not in trouble.