Mental Health Resources for Students

Adapted from:

<https://www.upstate.edu/currentstudents/support/index.php>

Student Counseling Center (SCS)

* SCS provides in-person and secure telehealth appointments for students.
* All matriculated, actively enrolled Upstate students are eligible for an initial consultation.
* All SCS services are free to matriculated students.
* SCS can provide psychiatric Treatment and Referral
* A psychiatric nurse practitioner provides consultations and provides medication management for students.

Hours: Open from 830 am to 430 pm Monday to Friday.

Phone: 315-464-3120

Psychiatry and Behavioral Science TU4

1st floor

719 Harrison Street

Syracuse, NY 13210

**If You are in Crisis**

In the case of a genuine emergency, students should call 911 or go directly to the nearest emergency room. Students not wishing to be seen at Upstate's emergency room can go to CPEP at St. Joseph's Hospital (301 Prospect Ave., Syracuse, 315-448-6555). CPEP (Comprehensive Psychiatric Emergency Program) is available 24 hours a day, seven days a week to anyone with an emotional or psychiatric crisis. Students in crisis may also contact University Public Safety at 464-4000 for assistance.

Other options include:

* [CONTACT](https://www.contactsyracuse.org/) (315-251-0600) provides free, anonymous 24-hour telephone counseling, crisis intervention, and referral for ongoing services.
* [Crisis Text Line](https://www.crisistextline.org/) provides free, anonymous crisis intervention via text <https://www.crisistextline.org/>
* 988 is the National Suicide Helpline for 24-hour crisis support.
* Students seeking urgent support should call **BetterMynd’s 24-hour confidential crisis hotline at 844-287-6963**.
* Students may also contact SCS at (315) 464-3120. Let the secretary know that your need is urgent when you call. They will return your call as soon as possible. Please be aware that messages left after business hours will not be received until the next business day.
* [Liberty Resources Mobile Crisis Unit](https://www.liberty-resources.org/mobile-outreach-residential-respite-services/) provides rapid, on-site crisis support and referral at 315-251-0800, 24/7.
* Vera House provides a 24-hour hotline (315-468-3260), counseling, support, and advocacy/referral services for women, men and children who are victims of domestic violence or sexual assault.
* [The National Graduate Student Crisis Line](https://gradresources.org) is a free, confidential hotline to assist graduate students who are feeling overwhelmed by stress or other concerns. Call 1-800-472-3457 to reach a trained counselor 24 hours a day.
* [The Crisis Text Line](https://www.crisistextline.org) provides free, anonymous crisis intervention via text, 24/7. Text HOME to 741-741 to get started.

# How to Help a Friend

At times you may wonder how to help a friend who is in distress. In most instances sharing your concern and listening to your friend in a non-judgmental and supportive way is the best help you can provide.

At times, however, a friend's problems are more serious and this approach may not be enough. *If any of the following apply, encourage your friend to reach out for professional help:*

If your friend…

* is always in distress of some kind
* rarely seems to feel better for more than a little while
* is isolating from family or close friends
* stops bathing or grooming
* is using an excessive amount of alcohol or other drugs
* seems to be ruining close relationships with others
* severely restricts calories, exercises excessively or binges/purges
* feels desperate or hopeless that things will change
* talks about wanting to hurt themselves or hurt someone else
* has problems that are starting to feel overwhelming to YOU

In these cases it may be helpful to:

* Tell your friend that you're concerned about them. Say that you've noticed that they are in a lot of distress and ask what you can do to help. Avoid judgmental or provocative statements and instead focus on the facts (e.g.., "You aren't coming to class much and you seem really down all of the time," "Some of us have noticed that you aren't around much and we're worried about you").
* Ask if your friend has considered talking to a professional counselor. Give them information about the Student Counseling Service and, if you are comfortable doing so, offer to accompany them to the first appointment and wait in the waiting room while they speak with a clinician.
* Talk confidentially with a member of the [Campus Awareness and Risk Evaluation](https://www.upstate.edu/currentstudents/support/risk-evaluation-committee.php) team. This committee can meet with the student, help determine what needs they might have, and coordinate with other campus offices to assist the student.

In spite of your best efforts, sometimes friends just won't be receptive to your suggestions. In those cases it can be helpful to remind your friend that you are there if needed and then to respect your friend's wish not to get help. A major exception to this is when a friend has talked about wanting to hurt or kill themselves or someone else. In these cases it is imperative that you get your friend help.