CONCERNS ABOUT YOUR BEHAVIOR

Mental health concerns do not need to be severe for you to connect with support resources. Remember that your feelings are valid and seeking help is a sign of strength. If you are concerned about what you are experiencing, consider these possible warning signs, noting that each person is different.

- **Mood Changes**: constantly worrying, outbursts of emotions, feeling empty, noticeable mood changes, having trouble connecting with others.
- **Behavioral Changes**: suicidal thoughts or planning, self-injury behaviors, withdrawing from friends and family, increased substance use, experiencing delusions or hallucinations.
- **Physical Changes**: disturbed sleeping patterns (too much or not enough), noticeable changes in eating behaviors, sudden sweating, nausea, trouble breathing, increased heart rate. Changes in appearance and not engaging in basic self-care.
- **Changes in Work or School**: avoiding classes, constantly worrying, struggling to complete tasks.
- **Changes in Relationships**: fighting with friends or family more than usual, feeling like others are out to get you, have had someone recently share concerns over your mental health, feeling disconnected from reality.
- **Changes in Communication**: saying things like “I am worthless, what’s the point, I am messing up everything in my life.” This can include what is shared online.

HOW TO HELP

- If you or a friend are in immediate danger, call 911 or 610-436-3311 on campus.
- Consider exploring available resources in this guide. Offer to go with a friend for support.
- Share information with the CARE team for help getting connected to campus resources.

CONCERNS ABOUT THE BEHAVIOR OF ANOTHER PERSON

Noticing signs and knowing how to approach someone else who may need additional support in balancing the demands of school may not always be easy. It is important to bring up your concerns with your friend rather than waiting for them to confide in you. Choose a private location and come from a place of care and concern. Be specific about the behavior that is concerning you. Listen and avoid judgment. Take all comments about suicide seriously.
The CARE team identifies alarming behavior and provides support to someone who may have academic and/or personal challenges which may impact their college experiences.

Sexual Misconduct Information/Title IX 610-436-2433
www.wcupa.edu/_admin/diversityEquityInclusion/sexualMisconduct/default.aspx

Student Assistance 610-436-0165
www.wcupa.edu/studentassistance
Student Assistance educates students on how to self-advocate and effectively navigate university policies, procedures and processes.

Student Health Services 610-436-2509
www.wcupa.edu/StudentHealthServices

Campus Recreation 610-436-1REC
www.wcupa.edu/_services/CampusRec/

Center for Contemplative Studies 610-436-2200
www.wcupa.edu/healthSciences/contemplativeStudies
Connection to mindfulness and meditation experiences.

Counseling & Psychological Services (Counseling Center) 610-436-2301
www.wcupa.edu/CounselingCenter

Center for Trans and Queer Advocacy 610-436-3417
www.wcupa.edu/_services/transAndQueer/

Residence Life & Housing 610-436-3307
www.wcupa.edu/residenceLife/

Office of Services for Students with Disabilities 610-436-2564
www.wcupa.edu/universityCollege/ossd/

Office for Diversity, Equity and Inclusion 610-436-2433
www.wcupa.edu/_admin/diversityEquityInclusion/

Office of Student Conduct 610-436-3511
www.wcupa.edu/conduct/

Office of Wellness Promotion 610-436-0730
www.wcupa.edu/wellness/
Connection to educational programming and services, including wellness coaching.

Student Support Center & Rammy’s Resource Navigator
www.wcupa.edu/Support/default.aspx
Explore a variety of resources to determine who to reach out to.

University College 610-436-3416
www.wcupa.edu/universityCollege/supportServices.aspx
Connection to resources including the learning assistance and resource center, success coaching, writing center, and the Ram Initiative.

* The WCU Counseling Center has a Clinical Case & Referral Specialist to assist students in connecting to mental health resources off-campus as needed. Call 610-436-2301 for additional information.

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**IMPORTANT PHONE NUMBERS**

Emergency 911

National Suicide Prevention Lifeline 988
Crisis Text Line Text HOME to 741-741
Chester County’s Warm Line: If you are feeling lonely, depressed, or anxious and just want to talk 1-866-846-2722

Public Safety 610-436-3311

Valley Creek Crisis Center For Community Help 610-280-3270
Translifeline.org 1-877-565-8860
The Crime Victim’s Center of Chester County: 24-Hour Hotline 610-692-7273