Student Mental Health Decision Tree

Low level, temporary concerns

- Ask your RA/CA for advice including how to get help on campus.
- Set up a time to speak with clergy or spiritual leaders.
- Find peer mentors, peer groups.

You want some input from a MH professional

- Check to see if your school has Community-Based Counselors for a one-time "Let's Talk" session.
- Sign up for workshops through your college counseling center.

You think it is time to commit to therapy

- Sign up for individual or group therapy at your college counseling center.
- Get help from your college counseling center to locate private therapy.

Your concerns are more than individual and group therapy can help with

- Coordinate with your Dean of Students if you are considering taking a break.
- Explore local IOP/PHP options.

You are in crisis

- Call 911.
- Call or text 988, text 941941.
- Go to the nearest ER.