

## MENTAL HEALTH

### Mental Health

Ask for help - if you are feeling alone, sad, depressed or desperate.  
We CAN help you.

Call Student Health Services, the Crisis Hotline listed on the front cover, or 9-1-1.

Report concerns about friends to any campus employee or  
anonymously to "Tip Now"

### WHEN SHOULD I ASK FOR HELP?

Unusually angry or argumentative?	Noticeable changes in behavior?
Blame others for your problems?	Extreme disorganization?
Retaliate against perceived injustice?	Increasing belligerence?
Fail to take responsibility for your own actions?	Ominous, specific threats (homicide, suicide, etc)?
Preoccupation with violent themes?	Hypersensitivity to criticism?
Recent acquisition/fascination with weapons?	Interest in recently publicized violent events?