

## 2020 is a Mood...

This week is National Suicide Prevention Week (Sept 6-12) and we encourage you to reflect on all things that instill hope, healing, and recovery especially as we navigate such a trying year for the health, well-being, and peace of our community.

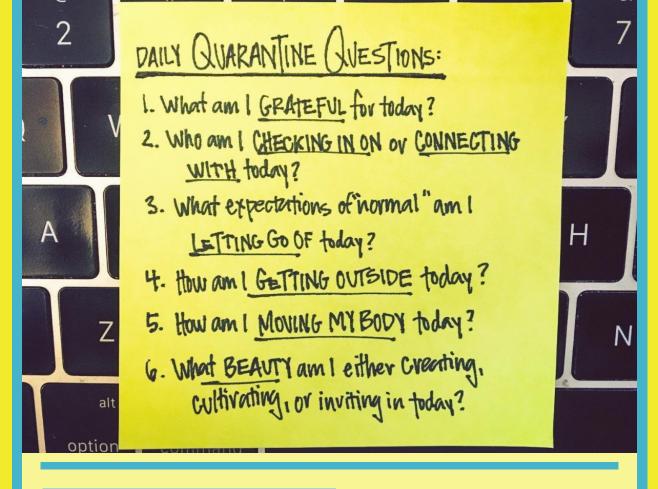
We are including several links to help you assess your mental and emotional well-being, strategies to keep yourself and others mentally and emotionally healthy, resources to support friends/family who are hurting, free self-help resources through TAO, 24/7 crisis hotlines for yourself and/or others, and how to directly talk with a Counselor at the NEOMED <u>Center for Student Wellness and Counseling Services.</u>

## **Suicide Warning Signs**



## Links to Staying Well

- <u>Taking Care of Your Mental Health</u>
- Actions to Help Prevent Suicide
- <u>Quarantine is a Mood</u>
- <u>Self-Assessment/Self-Help-TAO Connect</u>
- <u>Self-Assessment U-Lifeline</u>





The Center for Student Wellness and Counseling Services

330.325.6757

neomed.edu/cswc

counseling@neomed.edu

## **Hotlines**

Suicide Hotline Information

Suicide Prevention Resource Phone Numbers <u>24/7 National</u> <u>Crisis Lifeline 1-</u> <u>800-273-TALK</u> <u>(8255)</u>

Community Crisis Resources

