



Your Mind Matters: When to Call for Help

**Your No-Stress Guide to Knowing
When It's Time to Reach Out
(and How to Do It)**



We treat sore throats right away—so why freeze when it's emotional?

This guide helps you know when to seek support and reminds you that asking for help is strength.

Like a grounded friend saying, "Let's figure this out together."



When It's Time *Right Now*

These signs mean don't wait. Reach out today:

- You're having thoughts of self-harm, suicide, or just "not wanting to be here."
- You feel out of control—rage, panic attacks, urges to disappear.
- You're using alcohol, pills, or other substances to cope daily.
- You're scared by your own thoughts.
- You feel unsafe—or someone else does.

You're not "being dramatic." You're being responsible. Skip to Step 3.





Mental Health ≠ All or Nothing

You don't need to be in full crisis to get help. If you've felt off for more than a few days, it's okay to say something. Actually—it's brave.

Watch for:

- You're always exhausted, even with sleep.
- You've lost interest in stuff you used to enjoy.
- You feel stuck in sadness, anger, or numbness.
- Your eating/sleeping habits have changed a lot.
- You're isolating yourself—on purpose.
- You feel like “I don't want to deal with anything anymore.”

You don't need to hit a breaking point to ask for support. Early is better.





Who to Call (And What to Say)

Campus Resources (check your school's site or student handbook):

- Counseling center
- RA or housing staff
- Campus health services
- Student support or crisis response teams

Off-Campus/24-Hour Support:

- **988:** Mental Health Crisis Line
- **Text HOME to 741741:** Crisis Text Line
- **The Trevor Project (LGBTQ+):** 1-866-488-7386 or text START to 678-678
- **RAINN (Sexual Assault Hotline):** 1-800-656-4673

What to say:

- *"I don't feel okay and I don't know what to do."*
- *"Can you help me figure out what's next?"*
- *"I think I need to talk to someone but I'm nervous."*
- *Even: "I don't know what to say—I just know I need help."*





Talk to Someone You Trust

**You don't have to go through it alone –
even if it feels like no one gets it.**

- Call or text someone you trust. Be honest.
- Ask them to sit with you or walk with you to get help.
- Let them listen—no pressure to fix everything.

*Let someone in. You don't need perfect
words—just truth.*





Keep the Conversation Going

**Getting help isn't a one-time thing.
It's a process – and you're allowed to take
your time.**

- Keep a journal or note on your phone: "What helped me today."
- Attend therapy, group support, or check-ins—even if you feel better.
- Celebrate small wins: You got out of bed. You brushed your teeth. You asked for help. That counts!

You are allowed to ask for help as many times as you need.





Last but Not Least...

There's nothing wrong with you for needing help. That's human.

What's strong? Speaking up.

What's brave? Reaching out.

What's true? You matter.

Not just when you're productive.
Not just when you're smiling. Always.



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