

MENTAL HEALTH CONCERN

A non-urgent and non-life threatening situation where someone is experiencing emotional distress or discomfort, yet still able to function and care of themselves.

Examples include when someone is:

- Stressed, anxious, upset, crying, or sad
- Frustrated or confused about a personal or academic situation
- Having a friendship or relationship conflict
- Dealing with grief, loss, sadness or disappointment
- Not taking their prescribed psychiatric medications

WHAT TO DO:

Contact Counseling Services
Monday - Friday 8:30AM - 5PM
845-575-3314

counseling.services@marist.edu
or stop by **Midrise 113**

Students can also speak to a
Counselor at **Let's Talk:**
No Appointments Necessary!

Tues 11AM-12PM @ Student Ctr 1202
Weds 11AM-12PM @ Library 337
Fri 11AM-12PM @ Dyson 4007

MENTAL HEALTH CRISIS

A serious but non-life-threatening situation where someone is highly distressed, disoriented, agitated, or at risk of harming themselves or others, and unable to calm down or function effectively.

Examples include when someone is:

- Talking about suicide or self-harm
- Has engaged in self-harming behaviors in the last week:
 - Self harm can consist of cutting, hitting, burning, bruising, scratching, excessive substance use or disordered eating
- Talking about dangerous behaviors towards others
- Behaving erratically or unusually

WHAT TO DO:

Contact Counseling Services
Monday - Friday 8:30AM-5PM
845-575-3314

After Hours: Contact the RA/RD on Duty **or** Office of Safety
845-575-5555 and ask for the Counselor on Call.

Or Contact Dutchess County Helpline
TALK or TEXT
845-485-9700

MENTAL HEALTH EMERGENCY

A life-threatening crisis where someone is in imminent danger, severely disoriented, out of touch with reality, unable to function, or completely out of control.

Examples include when someone is:

- Expressing suicidal thoughts or plans
- Actively engaging in self-harm or suicide attempts
- Threatening harm to others
- Reporting access to weapons
- Injured and needing medical care
- Severely impaired by drugs or alcohol
- Erratic or unable to care for self

WHAT TO DO:

Contact Counseling Services
845-575-3314

After Hours: Contact the RA/RD on Duty or Office of Safety
845-575-5555

Dutchess County Helpline
TALK or TEXT 845-485-9700

or
GO TO STABILIZATION CENTER
or
CALL 911 OR GO TO THE NEAREST EMERGENCY ROOM