



## **Lincoln University Student Mental Health & Suicide Prevention Plan SY 2022-2023**

**Scope & Purpose:** The student mental health and suicide prevention plan provides information about programs and resources available at Lincoln University and in the community. At times students may experience intense feelings of distress that lead to suicidal thoughts or actions. The purpose of this plan is to ensure that Lincoln University students, faculty and staff are aware of the risk factors, warning signs, and resources available to support those who may be experiencing a mental health crisis.

### **NATIONAL AND LOCAL SUICIDE PREVENTION RESOURCES**

#### **National Crisis Hotlines**

##### **988 Suicide & Crisis Lifeline**

24hrs/7 days a week

988 or 1-800-273-8255 (TALK)

<https://988lifeline.org/>

##### **Crisis Text Line**

24hrs/7 days a week

Text 988 or text START to 741-741

Text STEVE to 741-741 to connect with a trained crisis counselor of color

<https://www.crisistextline.org/>

##### **Trevor Lifeline**

Crisis intervention and suicide prevention for LGBTQIA+ youth

24hrs/7 days a week

1-866-488-7386

<https://www.thetrevorproject.org/get-help-now/>

##### **TrevorText**

24hrs/7 days a week

Text START to 678-678

<https://www.thetrevorproject.org/get-help-now/>

##### **Trans Lifeline**

24hrs/7 days a week

1-877-565-8860

<https://translifeline.org/>

### **Veteran's Crisis Phone and Text Line**

Crisis intervention and suicide prevention for Veterans, all service members, family and friends

24hrs/7 days a week

Call 988 or 1-800-273-8255 (TALK) then Press 1

Text 838255

<https://www.veteranscrisisline.net/>

## **Local Crisis Intervention Services, Main Campus**

### **Lincoln University Counseling Services**

Monday-Friday 9 a.m. to 5 p.m.

484-365-7244

Wellness Center, Suite 221

<https://www.lincoln.edu/departments/counseling-services/mental-health-emergencies>

### **Lincoln University Public Safety**

24hrs/7 days a week

On campus: Ext. 7211, 7212 or 8139

Off campus: call 911 or 484-365-7211

International Cultural Center, 1570 Baltimore Pike, Lincoln University, PA 19352

<https://www.lincoln.edu/departments/public-safety>

### **Valley Creek Crisis**

24hrs/7 days a week

610-918-2100

469 Creamery Way, Exton, PA 19341

<https://chimes.org/about/chimes-family/holcomb-behavioral-health-systems/chester-county-crisis-services/>

### **Chester County Hospital-Penn Medicine**

610-431-5000

701 E. Marshall Street, West Chester, PA 19380

<https://www.chestercountyhospital.org/search#q=emergency%20department>

## **Local Crisis Intervention Services, School of Adult & Continuing Education (SACE) at University City, Philadelphia**

### **Lincoln University Counseling Services**

Monday-Friday 9 a.m. to 5 p.m.

484-365-7244

Wellness Center, Suite 221

<https://www.lincoln.edu/departments/counseling-services/mental-health-emergencies>

### **911 Emergency Services**

Call 911

24hrs/7 days a week

### **Philadelphia Mobile Crisis Team**

24hrs/7 days a week

215-685-6440

<https://cbhphilly.org/contact-us/>

### **University of Pennsylvania Hospital, 24 hour Crisis Response Center**

34th and Spruce streets

Emergency Room: 215- 662-3920

### **Presbyterian Hospital, 24 hour Crisis Response Center**

N. 39th and Market streets

Emergency Room: 215- 662-8215

## **HOW TO ACCESS MENTAL HEALTH SERVICES**

### **Lincoln University Counseling Services**

Lincoln University Counseling Services is committed to providing students with comprehensive and innovative support, personalized to their unique needs, challenges and preferences. Lincoln University Counseling Services provides crisis intervention, short-term individual counseling, group counseling, outreach, alcohol and other drug consultation, and referrals. All services are free and strictly confidential.

#### **For Appointments**

To schedule an initial screening or consultation, contact Lincoln University Counseling Services at 484-365-7244 from 9 a.m. to 5 p.m. Monday through Friday.

#### **What to Expect**

Your first contact with Lincoln University Counseling Services will typically be a screening interview (initial assessment) in which you and the counselor will make decisions about the type of help that would best meet your needs. During the initial assessment, it will be determined whether your needs are best met by Lincoln University Counseling Services or an off-campus service provider. If you would best be served by off-campus services, we will assist you in locating a suitable resource.

#### **Crisis Intervention Services**

Crisis services are provided for urgent mental health situations. To reach a counselor during regular business hours, call 484-365-7244 from 9 a.m. to 5 p.m. Monday through Friday and indicate that the situation is urgent. After hours counseling is available 24 hours per day, 7 days per week by calling Valley Creek Crisis at 610-918-2100 (Main Campus) or Philadelphia Mobile

Crisis at 215-685-6440 (SACE at University City, Philadelphia). If the situation is life threatening, call 911 for immediate assistance or go to the nearest emergency room.

### **Individual Counseling**

Individual counseling helps you to clarify your concerns, gain insight into yourself and others and learn ways to effectively cope and/or resolve problems. Our individual therapy services are short-term in nature. This means that you and your assigned counselor will focus on resolving the immediate problems that brought you to Lincoln University Counseling Services and specific goals for what you want to accomplish. Most students receive between three and eight sessions of counseling. You are encouraged to explore your needs with the counselor and discuss the length of counseling. Student safety and well-being are at the core of how and how long we work with each student.

### **Group Counseling/Support Groups**

Lincoln University Counseling Services offers a variety of groups each semester on topics such as Stress Management, Relationships, Intimacy, LGBTQIA+, and more. Groups meet either in person or virtually. Groups provide a place to gain personal insight, practice new skills, learn about topics of interest, and connect with others.

### **Outreach**

Lincoln University Counseling Services provides outreach, education and suicide prevention trainings throughout the academic year. Outreach efforts focus on increasing self-awareness and help seeking behaviors, reducing mental health stigma, preventing suicide, accessing supports and resources, and improving wellness. Programs are offered campus-wide and are available for staff, faculty, and students. To learn more or to request a training, contact Lincoln University Counseling Services at 484-365-7244.

## **Making a Referral to Lincoln University Counseling Services**

If you or someone you know would benefit from talking with a counselor, contact Lincoln University Counseling Services at 484-365-7244 to schedule a free consultation from 9 a.m. to 5 p.m. Monday through Friday.

Remember:

- Conversations with Lincoln University Counseling Services are confidential.
- Counseling services are free to Lincoln University students.
- Counseling services can help link students with community based professionals and specialists.

## Virtual Mental Health Care and Wellness - TimelyCare

Lincoln University provides main campus students with 24/7 access to no-cost virtual mental health care and on-demand wellness resources through TimelyCare. Licensed mental health providers are available to provide care via phone or secure video to support you with mental health concerns, connecting you with resources, and achieving your health and wellness goals. Register at [timelycare.com/lincoln](https://timelycare.com/lincoln) using your lincoln.edu email address. To reach a customer service representative, call 833-4-TIMELY. TimelyCare is available from anywhere in the United States, 24 hours per day, 7 days per week, 365 days per year.

TimelyCare services include:

- **TalkNow** 24/7, unlimited on-demand access to a mental health professional to talk about anything at anytime;
- **Scheduled Counseling** with a licensed counselor (up to 9 visits per school year);
- **Health Coaching** with a nutrition specialist to help students adopt healthier lifestyle behaviors related to sleep, weight management and more;
- **Psychiatry Services** provided by referral from Counseling Services or your TimelyCare counselor; and
- **Group Sessions** such as weekly guided meditation, yoga group sessions, and specialized mental health and wellness discussions throughout the year.

## Lincoln University Student Health Services

The Office of Health Services provides medical and health education services that meet the primary healthcare needs of students and enhance personal growth and development.

Lincoln University Student Health Services

484-365-7338

Monday, Wednesday and Thursday from 9 a.m. to 9 p.m.

Tuesday and Friday from 9 a.m. to 4 p.m.

Wellness Center, Suite 100

<https://www.lincoln.edu/departments/health-services>

## Mental Health Providers and Mental Health Clinics, Main Campus

### Empowerment Resources Associates

330 Limestone Road Oxford, PA 19363

610-932-0758

<https://eraservices.com/>

### Human Services Inc.

2217 Baltimore Pike

Oxford, PA 19363

610-998-1807

<http://www.humanservicesinc.com/locations.html>

### LCH Health & Community Services

(previously known as La Comunidad Hispana)

303 North 3<sup>rd</sup> Street Suite #2, Oxford, PA 19363

610-708-1460

[https://lchcommunityhealth.org/health-center-oxford/?utm\\_source=gmb&utm\\_medium=organic&utm\\_campaign=oxford](https://lchcommunityhealth.org/health-center-oxford/?utm_source=gmb&utm_medium=organic&utm_campaign=oxford)

### **New London Counseling Center**

125 Saginaw Road, Lincoln University, PA 19352

484-746-3112

<https://www.newlondoncounselingcenter.com/>

### **Child Guidance Mental Health Clinic**

744 Lincoln Hwy East #420, Coatesville, PA 19320

610-932-0758

<https://www.cgrc.org/>

### **Holcomb Behavior Health**

920 E Baltimore Pike #200, Kennett Square, PA 19348

610-388-7400

<https://chimes.org/about/chimes-family/holcomb-behavioral-health-systems/>

## **Recognizing Signs of Mental & Emotional Distress**

We all experience symptoms of mental or emotional distress from time to time. This is completely normal and expected. When the symptoms get in the way of daily life, work, school or relationships, professional support may be needed. Taking a screening can help you decide when to reach out for extra support and what steps to take. Contact Lincoln University Counseling Services at 484-365-7244 to schedule a screening, or take a screening online at:

### **Mental Health America**

<https://screening.mhanational.org/screening-tools/>

**The following are indications that you or someone you know may be experiencing significant emotional distress:**

- Feeling overwhelmed, guilty, helpless or hopeless
- Relying on mood altering substances, such as alcohol or other drugs
- Noticing changes in appetite; significant weight loss or weight gain
- Sleeping too much or too little
- Worrying more than usual
- Having difficulty thinking or remembering
- Failing to attend class or do assigned work
- Crying frequently
- Withdrawing or isolating from others
- Injuring self (e.g., cutting, burning)
- Exhibiting unruly, abusive behavior, or anger outbursts
- Speaking more quickly or slowly than usual, incoherent speech, or excessive rambling
- Referencing suicide, directly or indirectly
- Neglecting personal hygiene
- Losing interest in things that were once pleasurable

## Seeking Help

If you or someone you know is experiencing significant emotional distress, contact Lincoln University Counseling Services at 484-365-7244 to speak with a counselor from 9 a.m. to 5 p.m. Monday through Friday. Indicate that the situation is urgent.

After hours counseling is available 24 hours per day, 7 days per week by calling Valley Creek Crisis at 610-918-2100 (Main Campus) or Philadelphia Mobile Crisis at 215-685-6440 (SACE at University City, Philadelphia). If the situation is life threatening, call 911 for immediate assistance or go to the nearest emergency room.

## Recognize Suicide Warning Signs

There are common things people say or do when they are contemplating suicide. While no one can predict with 100% accuracy whether a person will die by suicide, there are some common indicators to look out for.

### *Thoughts or Feelings*

- “This is too much to deal with. I can’t take anymore.”
- “I feel trapped. There is no way out of this.”
- “I’m so broken. No one can help me.”
- “I wish I were dead.”
- “People would be better off without me.”
- “I’m a burden to others.”
- “I wish I could go to sleep and not wake up.”
- “I’m so ashamed.”

### *Actions or Behaviors*

- Attempting suicide
- Putting personal affairs in order
- Acting impulsively or aggressively
- Expressing a desire to harm others
- Acquiring a gun, pills, or other lethal substances
- Increasing use or dependence on alcohol or other drugs
- Searching online for ways to end life
- Withdrawing from activities
- Isolating self from family and friends
- Giving away valued possessions
- Refusing to agree to a safety plan
- Experiencing a sudden “boost” in mood

### *Environmental and other Risk Factors*

- History of sexual abuse
- Family history of suicide
- Chronic physical pain or other acute medical diagnosis
- Recent job loss or loss of financial security
- Recent loss of an important relationship (break-up/divorce, death of a friend/family member, etc.)
- Pending incarceration or homelessness
- History of depression

## Get or Offer Help

If you or someone you know is considering suicide, seek help immediately.

- Call 911 or go to the nearest emergency room
- Call 988 or 1-800-273-8255 (TALK)
- Text “START” or “STEVE” (for a crisis counselor of color) to 741-741
- Call Mobile Crisis: Valley Creek Crisis 610-918-2100 (Main Campus) or Philadelphia Mobile Crisis 215-685-6440 (SACE at University City, Philadelphia).

## Online Suicide Prevention & Awareness Resources

Active Minds

<https://www.activeminds.org/about-mental-health/get-help-now/>

American Foundation for Suicide Prevention

<https://afsp.org/>

Befrienders Worldwide

<https://www.befrienders.org/>

JED Foundation

<https://www.jedfoundation.org/mental-health-resource-center/>

MY3 App

<https://lifelineforattemptsurvivors.org/my3-app/>

SAVE: Suicide Awareness Voices of Education

<https://save.org/>

Seize the Awkward

<https://seizetheawkward.org/>

SuicideIsPreventable

<https://www.suicideispreventable.org/>

Suicide Prevention Resource Center

<https://www.sprc.org/>



# Mobile Applications to Promote Wellness

Wellness involves developing daily habits and practices that support your mental, physical, emotional and spiritual fitness. There are websites and apps available to help you shift your thoughts, feelings and actions to align with your wellness goals. The following websites and mobile applications are provided for your convenience. Lincoln University Counseling Services does not endorse or guarantee the accuracy or helpfulness of information provided on third party websites or mobile applications.



Liberate features meditation practices and talks targeted towards the Black community. <https://liberatemeditation.com/about>



Sleepio helps users set goals and develop programs to improve their sleep. <https://www.sleepio.com/>



SmilingMind features meditation and mindfulness exercises to help address sleep, stress, overall wellbeing, and numerous other areas. <https://www.smilingmind.com.au/>



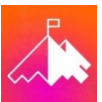
Shine is an inclusive self-care toolkit to help support users through daily stress and anxiety with meditations, bedtime stories, and calming sounds. <https://www.theshineapp.com/about>



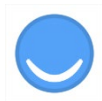
Happify utilizes mindfulness, cognitive behavioral therapy, and other tools to help users control their feelings and thoughts and form new habits. <https://www.happify.com/>



Headspace features guided meditations, animations, articles and videos to help users practice meditation and mindfulness. <https://www.headspace.com/>



MoodMission empowers users to overcome feelings of depression and anxiety by discovering new and better ways of coping. <https://moodmission.com/>



MoodFit uses daily goals, tools, and insights to reduce stress and build up the fitness of your mental health. <https://www.getmoodfit.com/>



Insight Timer offers thousands of guided meditations, affirmations, talks, music, and more. <https://insighttimer.com/>

## Managing Stress

We all experience stress from time to time. Feeling stressed can be beneficial when it motivates us to take action. At other times, feeling stressed can lead to feelings of overwhelm or other distressing emotions. It is important to notice when feelings of stress shifts from being helpful to unhelpful, or even harmful. Learning and practicing self-care or coping strategies can help you balance your emotional state, think more clearly, and reconnect with others. Some ideas and resources you may find beneficial are below. If you would like to connect with a counselor to discuss self-care or coping strategies, contact Lincoln University Counseling Services from 9 a.m. to 5 p.m. Monday through Friday.

**Make Time for Fun:** Plan time in your schedule for fun and recreation. Consider participating in a club, attending Student Life events, playing games with friends, arts and crafts, or other things you enjoy. <https://www.helpguide.org/articles/mental-health/benefits-of-play-for-adults.htm>

**Practice Mindfulness:** Developing a mindfulness practice has many physical and emotional benefits. Mindfulness techniques have been shown to reduce stress, increase calm and focus, and promote greater physical and emotional well-being. For more information about the benefits of mindfulness and ideas on how to get started, go to <https://www.helpguide.org/harvard/benefits-of-mindfulness.htm>.

**Breathing Exercises:** Breathing exercises are an effective way to manage anxiety and stress. When stressed, people tend to hold their breath or breathe shallowly, which may increase anxiety and muscle tension. Pay attention to your breathing throughout the day and experiment with taking deep, slow breaths. For a guided breathing meditation go to <https://www.helpguide.org/meditations/deep-breathing-meditation.htm>.

**Managing Your Worries:** At times you may notice that you are preoccupied with worry, and it feels like you're stuck in a never ending thought loop. When this happens, it can be difficult to focus or to get things done. For tips on how to manage worry go to <https://www.helpguide.org/articles/anxiety/how-to-stop-worrying.htm>.

## STUDENT COMMUNICATION PLAN

At the beginning of the fall and spring semesters, all students, faculty and staff will receive email communication from Lincoln University with a link and/or attachment containing the current version of the Lincoln University Student Mental Health and Suicide Prevention Plan. The plan will also be posted on the Lincoln University website.

## POST-INTERVENTION PLAN

In the event of a campus emergency, Lincoln University initiates procedures outlined in the Lincoln University Crisis Intervention Emergency Response Manual. For more information refer to the most up to date plan at <https://www.lincoln.edu/departments/public-safety>.

## DISCLAIMER

Information provided in the Student Mental Health and Suicide Prevention Plan is not a substitute for counseling or help from a trained mental health professional. Contact Lincoln University Counseling

Services at 484-365-7244 to connect with a counselor for a mental health screening or consultation. In the event of a mental health emergency, call 911 or go to the nearest emergency room.

## SOURCES OF INFORMATION & RESOURCES

- 988 Suicide & Crisis Lifeline, <https://988lifeline.org/>
- Active Minds, <https://www.activeminds.org/about-mental-health/get-help-now/>
- American Foundation for Suicide Prevention, <https://afsp.org/>
- Befrienders Worldwide, <https://www.befrienders.org/>
- Columbia Suicide Severity Rating Scale, [https://cssrs.columbia.edu/wp-content/uploads/Columbia\\_Protocol.pdf](https://cssrs.columbia.edu/wp-content/uploads/Columbia_Protocol.pdf)
- Community Behavioral Health, Philadelphia, <https://cbhphilly.org/contact-us/>
- Happify, <https://www.happify.com/>
- Headspace, <https://www.headspace.com/>
- Help Guide, <https://www.helpguide.org/>
- Insight Timer, <https://insighttimer.com/>
- Jed foundation, <https://www.jedfoundation.org/mental-health-resource-center/>
- Liberate, <https://liberatemeditation.com/about>
- Mental Health America, <https://screening.mhanational.org/screening-tools/>
- MoodFit, <https://www.getmoodfit.com/>
- MoodMission, <https://moodmission.com/>
- MY3 App, <https://lifelineforattemptsurvivors.org/my3-app/>
- QPR Institute, Inc., <https://qprinstitute.com/>
- SAVE: Suicide Awareness Voices of Education, <https://save.org/>
- Seize the Awkward, <https://seizetheawkward.org/>
- Shine, <https://www.theshineapp.com/about>
- Sleepio, <https://www.sleepio.com/>
- SmilingMind, <https://www.smilingmind.com.au/>
- SuicidelsPreventable, <https://www.suicideispreventable.org/>
- Suicide Prevention Resource Center, <https://www.sprc.org/>
- TimelyCare for Lincoln Lions, [timelycare.com/lincoln](https://timelycare.com/lincoln)
- Trans Lifeline, <https://translifeline.org/>
- Trevor Lifeline, <https://www.thetrevorproject.org/get-help-now/>
- Veterans Crisis Line, <https://www.veteranscrisisline.net/>