Lincoln University Student Mental Health & Suicide Prevention Plan
SY 2021-2022

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

National Suicide Prevention Lifeline
24hrs/7 days a week
1-800-273-8255 (TALK)
https://suicidepreventionlifeline.org/

Crisis Text Line
24hrs/7 days a week
Text the word START to 741-741
Text the word STEVE to 741-741 to connect with a trained crisis counselor of color
https://www.crisistextline.org/text-us/

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 the word 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 Line
Crisis intervention and suicide prevention for Veterans, all service members, family and friends
24hrs/7 days a week
1-800-273-8255 (TALK) Press 1
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: 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/

Brandywine Hospital
610-383-8000
201 Reeceville Road, Coatesville PA 19320
https://towerhealth.org/locations/emergency-department-brandywine-hospital

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

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

911
24hrs/7 days a week

Philadelphia Mobile Crisis Team
24hrs/7 days a week
215-685-6440
https://cbhphilly.org/cbh-members/emergencies-adults/

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, drug and alcohol 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 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.
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
303 North 3rd Street Suite #2, Oxford, PA 19363
610-708-1460

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/

Welltrack
https://welltrack.com/
Download the Welltrack app and register for an account using your @lions.lincoln.edu email address for full access.

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 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/

SAVE: Suicide Awareness Voices of Education
https://save.org/

Seize the Awkward
https://seizetheawkward.org/

SuicidelsPreventable
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.

WellTrack utilizes interactive self-help therapy to help users. Log-in with your lions.lincoln.edu email address. https://welltrack.com/

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/
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
- American Foundation for Suicide Prevention, https://afsp.org/
- Befrienders Worldwide, https://www.befrienders.org/
- Headspace, https://www.headspace.com/
- Liberate, https://liberatemeditation.com/about
- Mental Health America, https://screening.mhanational.org/screening-tools/
- MoodFit, https://www.getmoodfit.com/
- National Suicide Prevention Lifeline, https://suicidepreventionlifeline.org/
- QPR Institute, Inc., https://qprinstitute.com/
- Sanvello, https://www.sanvello.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/
- SuicidelsPreventable, https://www.suicideispreventable.org/
- Suicide Prevention Resource Center, https://www.sprc.org/
- Trans Lifeline, https://translifeline.org/
- Veterans Crisis Line, https://www.veteranscrisisline.net/
- WellTrack, https://welltrack.com/