

## EMERGENCY SITUATIONS

### What is an emergency situation?

- You or someone else is in danger of harming themselves or others.
- You do not feel comfortable leaving the person alone.

### Call Campus Safety at 507-457-1703

- Do not leave the person alone.

### What happens next?

- A Campus Safety officer will arrive, assess the situation, and call 911 if necessary.
- After the situation occurs, Campus Safety will notify additional campus personnel who will help support the student.

### If you were involved

- Consider how you have been impacted, and seek support for yourself.

## RESOURCES

### Local emergency lines open 24/7

- Campus Safety . . . . . **507-457-1703**
- **911** (if necessary)
- Mental Health Crisis . . . . . **1-844-CRISIS2 (2747472)**

### National help hotlines open 24/7

- Suicide Prevention . . **800-273-TALK (8255)**
- Sexual Assault . . . . **800-656-HOPE (4673)**
- Mental Health Text . . . **Text HOME to 741741**

### CONFIDENTIAL

- Wellness Center . . . . . **507-457-1773**
- Report an incident at **smumn.edu/speakup**

### NONCONFIDENTIAL

- Campus Safety . . . . . **507-457-1703**
- Residence Life . . . . . **507-457-1409**



# CARDINAL CARE

Winona Campus Resources and Contact Information



*Listen. Care. Connect to support.*

## GENERAL SAFETY TIPS

- Save emergency and nonemergency numbers in your cell phone.
- Carry your SMUMN ID at all times.
- Lock room doors and car doors at all times to avoid theft.
- Be aware of your surroundings.
- Report suspicious activities or items.

## POSITIVE MENTAL HEALTH TIPS

- Get a minimum of eight hours of sleep.
- Eat plenty of fruits, vegetables, and whole grains and drink lots of water.
- Learn to manage your time well and stay ahead on schoolwork.
- Do at least one thing that makes you happy and one thing that makes someone else happy every day.
- More tips and support are available through the Student Success Center, Wellness Center, Student Activities, and Campus Ministry.

## MENTAL HEALTH: *Concerned for yourself*

### What should you do?

- In an emergency situation, call Campus Safety at **507-457-1703** or find someone to help.
- Verbalize your concern with a friend, family member, resident assistant (RA) or graduate assistant hall director, professor, coach, etc.
- Seek support from the Wellness Center by calling **507-457-1773**.
- Call the Mental Health Crisis Hotline (available 24/7, year-round) at **1-844-CRISIS2 (2747472)**.

## MENTAL HEALTH: *Concerned for someone else*

- Listen, show concern, ask clarifying questions (see below), and help them get support.
  - Remember that you are not expected to be an expert.
  - Let a trusted resource on campus know about the situation, e.g., dean of students, Residence Life, Wellness Center, Campus Safety (24/7), or report online (see resources).
- Examples of clarifying questions:
  - I care about you. How are you feeling?
  - I want to listen. What do you want me to know?
  - It seems like you are going through a difficult time. How can I help?
- Give this resource card to them.
- Offer to go with them to the Wellness Center.

***Listen. Care. Connect to support.***