

HAVE YOU EVER BEEN ASKED **"ARE YOU OK?"**
AND ANSWERED **"YES"** EVEN THOUGH YOU WERE NOT?

REACH OUT!

SHARE HOPE. FIND HELP.

CSU IS HERE FOR YOU!

Call the Counseling Center at [216.687.2277](tel:216.687.2277), visit csuohio.edu/vikescare or check out the back of this flyer for a [full list of resources](#).

At CSU, you are **NOT** alone. You are part of a community and we are here for each other. There are many confidential resources on and off-campus with people who understand how you feel. And they can help you get back to really feeling okay again.

NATIONAL
SUICIDE
PREVENTION
LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

Vikes
CARE
SUIICIDE PREVENTION

CAMPUS RESOURCES

Counseling Center
216.687.2277

CSU Care Manager
216.687.2048

Health and Wellness
216.687.3649

LGBTQ Center Student Services
lgbtq@csuohio.edu
Main Classroom 211
Residence Life
216-687-5196

Marejoyce Green Women's Center
216.687.4674

University Police
216.687.2020

Veteran Success Program
216.875.9996

APPS

Helping others:

A Friend Asks

Ask and Prevent Suicide

Seeking help:

MY 3

RAVE Guardian

ReliefLink

Stay Alive

Target groups:

Operation Reach Out (Vets)

You Are Important (LGBTQ)

TEXT LINES

Crisis Text Line: Text 741-741

Frontline Crisis Chat, an online emotional support program, is available from 3-8pm, Monday-Friday. Text "FLS" to 741741

Trevor Chat (LGBTQ): Text "Trevor" to 1.202.304.1200

Veterans Crisis Chat: Text 838255

PHONE RESOURCES

CSU Counseling Services After Hours:
216.687.2277

Cuyahoga County Suicide Prevention Hotline: 216.251.7722 **United Way:** 2-1-1

Frontline Services: www.frontlineservice.org, 216.623.6555, 24/7 Crisis Hotline 216.623.6888

National Suicide Prevention Lifeline:
800.273.TALK(8255)

Trevor Lifeline (LGBTQ): 1.866.488.7386

Veterans Crisis Line: 800.273.8255, Press 1

ONLINE RESOURCES

Active Minds: activeminds.org

Alcohol, Drug Addiction and Mental Health Services (ADAMHS) of Cuyahoga County:
adamhsc.org

American Foundation for Suicide Prevention: afsp.org

Facebook:
facebook.com/help/suicideprevention

For Athletic Trainers: www.nata.org/sites/default/files/

Healthy Minds: healthyminds.org

Higher Ed Mental Health Alliance:
hemha.org

Jed Foundation: jedfoundatoin.org

National Institute of Mental Health:
nimh.nih.gov/

National Suicide Prevention Lifeline:
suicidepreventionlifeline.org
Twitter: @ 800237TALK

Substance Abuse and Mental Health Services Administration (SAMHSA):
samhsa.gov

Suicide Prevention Resource Center:
SPRC.org

U-Lifeline: ulifeline.org/csuohio/

Veterans Crisis Line: veteranscrisisline.net

LOCAL ORGANIZATIONS/ HOSPITALS/CLINICS

American Foundation for Suicide Prevention, Northeast Ohio Chapter
440.823.5790
www.afsp.org

Beacon Health
9220 Mentor Avenue
Mentor, OH 44060-6412
440.953.6255 (*Crisis Line*)
440.354.9924 (*Main Number*)
www.beaconhealth.us

Catholic Charities of Cleveland
216.781.8262
ccdacle.org/service-category/mental-health

Free Clinic (Circle Health Services)
Crisis Intervention and Referral Service
Available every night from 8pm- Midnight
12201 Euclid Avenue
Cleveland, OH 44106
216.721.4010

Free Crisis Services
Sunday-Thursday 6pm-2am
Friday-Saturday 8pm-4am
216.251.7722

Lutheran Hospital
1730 W 25th St.
Cleveland, OH 44113
216.363.2128
www.lutheranhospital.org

MetroHealth
2500 Metrohealth Dr.
Cleveland, OH 44109
216.778.7800
www.metrohealth.org

Recovery Resources
3950 Chester Ave.
Cleveland, OH 44114
216.431.4131
www.recrs.org

St. Vincent Charity
2351 E 22nd St.
Cleveland, OH 44115
216.363.2538 (*Psychiatric ER*)
216.861.6200 (*Hospital Main Number*)
www.stvincentcharity.com

The May Dugan Center
4115 Bridge Avenue
Cleveland, OH 44113
216.631.5800
www.maydugancenter.org

United States Department of Veterans Affairs
Louis Stokes Cleveland VA Medical Center
Wade Park Campus
V10701 East Blvd.
Cleveland, OH 44106
216.791.3800
www.va.gov

