

If you are in a crisis, there is always help!

Ask Yourself:

Have I thought about harming myself or suicide?

- If you have, there is help. Here are multiple resources you can utilize if you are contemplating suicide:
 - **National Suicide Prevention Lifeline.** This lifeline offers free and confidential support through a crisis 24/7. Call 1-800-273-8255
 - **Crisis Text Line.** This line provides free 24/7 crisis support. Text HELLO to 741-741 to talk with someone.



Am I feeling overwhelmed with everything?

- There are people here to support you.
 - If you are having trouble keeping up in your classes, reach out to your professors and advisor to come up with a plan.

For more information on helping others in crisis,

- Listen to the audio **Suicide Awareness**, in the Real Talk section of the training.



NAU Resources

- **NAU Counseling Services**
Northern Arizona University's Counseling Services offers mental health counseling, crisis intervention, outreach, consultation, and referral services to currently enrolled students.
Main line: 928-523-2261
Mental Health Emergencies (24 hours): [928-523-2261](tel:928-523-2261)
<https://in.nau.edu/campus-health-services/nau-counseling-services/>

Flagstaff Community Resources

- **Crisis Response Network**
Available 24/7/365 for anyone experiencing a mental health crisis. Providers available to meet with you in person for crisis care.
<https://www.crisisnetwork.org>

[877-756-4090](tel:877-756-4090)