

GREEN BANDANA PROJECT

BY WEARING THIS BANDANA, YOU ARE STANDING IN SOLIDARITY WITH THE MISSION TO DESTIGMATIZE MENTAL HEALTH.

MICHIGAN TECH RESOURCES

TIP LINE (24/7 AVAILABILITY)

906.487.0847

WWW.MTU.EDU/TIPS

TELUS HEALTH (24/7 SUPPORT)

1.877.376.7896

HTTPS://MYSSP.APP/CA/HOME

DEAN OF STUDENTS OFFICE

906.487.2212

WWW.MTU.EDU/DEANOFSTUDENTS/

PUBLIC SAFETY CAMPUS POLICE

906.487.2216

WWW.MTU.EDU/PUBLICSAFETY/

CENTER FOR STUDENT MENTAL HEALTH AND WELL-BEING

906.487.2538

WWW.MTU.EDU/WELL-BEING/

TIPS FOR CALLING 911 DURING A MENTAL HEALTH EMERGENCY:

- Explain the situation:
 - Who you are, your emergency, who is with you.
- Try to stay calm and talk slowly.
- You can ask the police to respond without lights or sirens.

WHILE YOU WAIT FOR ASSISTANCE:

- Offer encouragement and reminders that help is on the way.
- Listen without judgment (conversation is good).
- Commend the person for reaching out and receiving help.
- Don't be too hard on yourself.

For more information visit mtu.edu/well-being

Questions? Connect with us at well-being@mtu.edu



Michigan Tech Well-being



@mtu_wellbeing



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