

GREEN BANDANA PROJECT

By wearing this bandana, you are standing in solidarity with the mission to destigmatize mental health.

The Green Bandana Project began at U.W. Madison in 2017 as a way for students to express their desire to destigmatize mental health and designate themselves as a mental health advocate.

We at Michigan Tech use these green bandanas to remind students that you are not alone in your struggles and that your fellow huskies are here to help. Scan this QR code for more information!



MENTAL HEALTH RESOURCES

Center for Student Mental Health
906.487.2538
mtu.edu/well-being/

MTU Tip Line (24/7)
Call 906.487.0847
www.mtu.edu/tips

24/7 Suicide Hotline
Call or Text 988
988lifeline.org/

eCHECKUP To GO
www.mtu.edu/well-being/resource-tools/

Peer Awareness for Well-being & Support
906.487.2538
mtu.edu/well-being/get-involved/paws/

Question, Persuade, Refer Training
<https://www.qprtraining.com/setup.php>
Code: MTU

Mental Health First Aid Training
www.mentalhealthfirstaid.org/take-a-course/

AI Therapy for Social Anxiety
<https://www.mtu.edu/well-being/resource-tools/aitherapyforanxiety/>

huskies care. let's talk about it.

For more information visit mtu.edu/well-being
Questions? Connect with us at well-being@mtu.edu

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Michigan Technological University is an Equal Opportunity Educational Institution/Equal Opportunity Employer that provides equal opportunity for all, including protected veterans and individuals with disabilities.

Tips for calling 911 or Public Safety during a mental health emergency:

Explain the situation. Include...

1. Who you are and who is with you, where you are, and what is happening
2. Try to stay calm and talk slowly.
3. Remember that you can ask the police to respond without lights or sirens.




While you wait for assistance:

1. Stay with the person.
2. Offer encouragement and reminders that help is on the way.
3. Listen without judgment (conversation is good).
4. Commend the person for reaching out and receiving help.
5. Don't be too hard on yourself.
6. Don't try to downplay the reasons behind a mental health crisis. Don't use "at-least" language. (ie: "at least you don't have it worse").

Remember that you are not obligated to sacrifice your own mental health and well-being for someone else.

TELUS Health has clinical counselors available 24/7 for any level of mental health support. Call 1.877.376.7896 or scan the QR code to download the Student Support App.



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