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

DEAN OF STUDENTS OFFICE
906.487.2212
WWW.MTU.EDU/DEANOFSTUDENTS/

TELUS HEALTH (24/7 SUPPORT)
1.877.376.7896
HTTPS://MYSSP.APP/CA/HOME

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