



Marietta College

CENTER FOR HEALTH AND WELLNESS

What type of mental health counseling appointment is appropriate?

LEVEL 1: Emergency

Student is at immediate risk:

- Active plan and means of taking their own life or someone else's life
- Student has taken recent steps to end their life or harm someone else

LEVEL 2: Urgent/Crisis

Student is dealing with personal crisis that needs rapid attention such as:

- Suicidal or homicidal thoughts with intent and plan
- Sexual or physical assault occurring within the past week
- Recent death of a significant person in their life
- Psychotic thinking (hallucinations, delusions) not alcohol or drug induced

LEVEL 3: Standard Appointment

Student is seeking ongoing counseling services for concerns such as:

- Crying spells/tearfulness
- Anxiety/stress/panic attacks/depression
- Relationship concerns/break ups
- Self-image/eating and body image concerns
- Academic difficulties
- Adjustment/homesickness
- Self-esteem/self-confidence
- Trouble making life decisions
- Suicidal ideations / intrusive thoughts with no intent or plan

LEVEL 4: Consultation

Student is not interested in therapy but would like to talk to a counselor about:

- Concern for a friend
- Needing a referral for community provider (for medication or counseling)

How do I make a counseling appointment?

- **Level 1** and **Level 2** should be walked to the Center for Health & Wellness for immediate help and will be seen as soon as a counselor is available. After hours, contact the Marietta College Police Department for crisis care options.
- **Level 3** and **Level 4** should call **740.376.4477** or email **healthandwellness@marietta.edu** to schedule an appointment. Faculty or staff concerned about a student may offer to call for an appointment with the student present as a "warm handoff". These students do NOT need to be walked to the Center for Health & Wellness for immediate help.

Mental Health and Substance Abuse Resources for Students

ON-CAMPUS:

Center for Health & Wellness

Phone: 740-376-**4477** / Email: healthandwellness@marietta.edu

Office Hours: Monday–Friday, 8:00 a.m. to 5:00 p.m.

Location: Harrison Hall, entrance on Seventh Street by the 2 large pillars

After hours:

MCPD (Marietta College Police Department): 740-376-**3333**

The CARE Team (Collaboration, Assessment, Response, Engagement)

A multidisciplinary group helping at-risk students obtain the needed support and assistance to be successful at Marietta College. For more info, contact Suzanne Walker or Amanda Mullen through Navigate.

Marietta Mindset Club

Student led club promoting positive mental health activities and education for students.

Pio-to-Pio Peer Support Center

Hours: Staffed – Monday–Thursday, 6:00 to 9:00 p.m.

Unstaffed – Monday–Friday, 8:00 a.m. to 6:00 p.m.

Location: Andrews Hall, 2nd floor

EMERGENCY NUMBERS AND HOTLINES:

Life Threatening Emergency: call 911

Suicide and Crisis Lifeline: call 988

Confidential, free 24/7 support for people in suicidal crisis or emotional distress.

Local Crisis Hotline: call 740-373-8240

Suicide Prevention: call 1-800-273-TALK (8255)

OHIO Crisis TEXT Line: text 4HOPE to 741741

SAMHSA's National Helpline: call 1-800-662-HELP (4357)

Confidential, free 24/7 treatment referral and information service for individuals and families facing mental and/or substance use disorders.

24 Hr. Opioid Hotline: text Opioid to 898211 to connect with local resources

Trevor Project Lifeline/LGBTQ Hotline: call 1-866-488-7386 / visit thetrevorproject.org

Trans Hotline: call 1-877-565-8860

SAFEline: call 1-512-267-SAFE (7233) / text 737-888-7233

Confidential, free 24/7 support for victims of domestic violence, sexual assault, sex trafficking & child abuse.

National Domestic Violence Hotline: call 1-800-799-7233

National Sexual Assault Hotline: call 1-800-656-4673

The Emily Program: call 1-866-364-5977 / visit emilyprogram.com

Treatment center and online resource for eating disorders

The Steve Fund for BIPOC students: text STEVE to 741741 / visit stevefund.org/crisistextline/

Depression Hotline: call 1-888-273-5174

Self-harm Hotline: call 1-877-455-0628

Get Local Help: call 211 / text your zip code to 898-211

Confidential, free, 24/7 information service connecting you to local resources and assistance.

Memorial Health Systems 24 Hour Nurse Line: call 844-474-6522

ONLINE RESOURCES:

<https://www.marietta.edu/counseling-services#resources>

Scan here for more information on counseling services and resources at Marietta College

