

# Know How to Get Help

During a mental health emergency, including thoughts of suicide, self-harm, and harm to others, it can be difficult to know what to do. By calling the correct office first, you may be able to save a life. Read the information below to learn more about when to contact each resource.



## Salisbury University Police Department



## Counseling Center



## SU Cares



### Salisbury University Police Department (SUPD) 410-543-6222

- Immediate danger to self or others.
- Bizarre thinking or other behaviors that suggest potential risk of harm.
- Concerns about ability to keep oneself or others safe after hours. If there is concern that help cannot wait, then **DO NOT WAIT**, call SUPD!
  - If you are unsure about someone's safety, SUPD can complete a **Welfare Check** where they will gather information provided and check on the welfare of an individual 24/7.
  - Housing and Residence Life staff can also check on their residents' welfare (main line 410-543-6040; available Monday to Friday, 8 a.m. to 4:30 p.m.).



### Counseling Center 410-543-6070

Guerrieri Student Union 263 | [salisbury.edu/counseling-center](https://salisbury.edu/counseling-center)

- Thoughts of harming self or others **WITHOUT** immediate threat.
  - If there is a need to meet with a counselor that day, come into the Counseling Center during walk-in hours (Monday to Friday, 10 a.m.-noon and 1-3 p.m.) and **state your need upon arrival**.
  - Students can connect with mental health support anytime, anywhere through TimelyCare by downloading the app or visiting [TimelyCare.com/Salisbury](https://TimelyCare.com/Salisbury), registering for free with their SU email and selecting **TalkNow**.
  - If unsure about how to help a student who may be having non-lethal mental health concerns, call the center and ask to consult with a counselor.
- Other mental health concerns **WITHOUT** immediate threat.
  - There are many clinical services available at the Counseling Center. Visit the Center's website for the most up-to-date information.
  - Students can access up to 12 virtual scheduled sessions through TimelyCare for free by selecting Scheduled Counseling.



### SU Cares (Case Management) 410-677-0022

Guerrieri Student Union 213

[salisbury.edu/administration/student-affairs/su-cares](https://salisbury.edu/administration/student-affairs/su-cares)

- Complete an **Online CARE Report** if there are concerns about a student's behavior **WITHOUT** immediate threat.
  - An Online CARE Report can be completed in addition to calling the Counseling Center and/or SUPD. Counseling Center staff and Salisbury University Police do not see CARE reports.
- Case management needs can include, but are not limited to, medical withdraws, unexpected injury/illness, and assistance accessing non-academic resources on and off campus.