

SUPPORT RESOURCES ON THE NORTHSHORE

Volunteers of America Mental Health Services	(985) 727-7767
*Jewish Family Service - Mandeville	(985) 264-1619
Youth Service Bureau	(985) 893-2570
Kids in Crisis	(985) 792-1920
Catholic Charities	(985) 641-8120
Pastoral Counseling Center	(985) 643-1019
Safe Harbor Shelter	
Crisis number	(985) 781-4852
Information	(985) 781-4856
Holy Trinity Lutheran Church	(985) 892-6146
Lurline Smith Mental Health Clinic	(985) 624-4450
STOPS - St. Tammany Outreach for the Prevention of Suicide	(985) 237-5506
Support Groups	
Hospice of St. Tammany	(985) 871-5976
St. John of the Cross Parish Center	(985) 882-7461
Council on Aging	
Bush	(985) 886-8971
Covington	(985) 892-8530
Mandeville	(985) 624-4629
Slidell	(985) 643-7239
Pearl River	(985) -863-2540
Folsom	(985) 796-9950
Lacombe	(985) 882-7717
*Northshore Counseling and Wellness	(985) 624-2942
Renewed Hope Center	(985) 201-8390

SUPPORT RESOURCES ON THE SOUTHSHORE

Catholic Charities Counseling Solutions	
Crisis Counseling	(800) 749-2673
Counseling Solutions	(504) 835-5007
Alcoholic Anonymous	(504) 779-1178
Narcotics Anonymous	(504) 899-6262
	(504)889-8840
Young Child Trauma Project (for children ages 3-6 years)	(504) 988-5268
SAVE - Stopping Abuse through Victim Empowerment	(504) 310-6872
Domestic Violence (individual and group counseling)	(504) 837-5400
Central City Mental Health Clinic	(504) 568-6650
*Family Service of Greater New Orleans	
East Bank	(504) 733-4031
West Bank	(504) 361-0926
*Jewish Family Service - Metairie/Uptown	(504) 831-8475
Jefferson Parish Human Services Authority, Metairie	(504) 349-8833
First Baptist Church of New Orleans	(504) 482-5775
*Trinity Counseling and Training Center ...	(504) 522-7557
Hope Coalition America (financial counseling)	(888) 388-4673
Drop-in Center Youth Counseling (ages 14-23)	(504) 650-2223
Gambling Treatment	(504) 568-0205

MORE SUPPORT RESOURCES

American Red Cross	(866) 438-4636
FEMA (800) 621-3362; status of trailer	(888) 294-2822
New Orleans Legal Assistance	(504) 529-1000
	(877) 521-6242
Louisiana Department of Insurance Hotline	(800) 259-5300

* Partner of Delgado Community College

Delgado

COMMUNITY COLLEGE

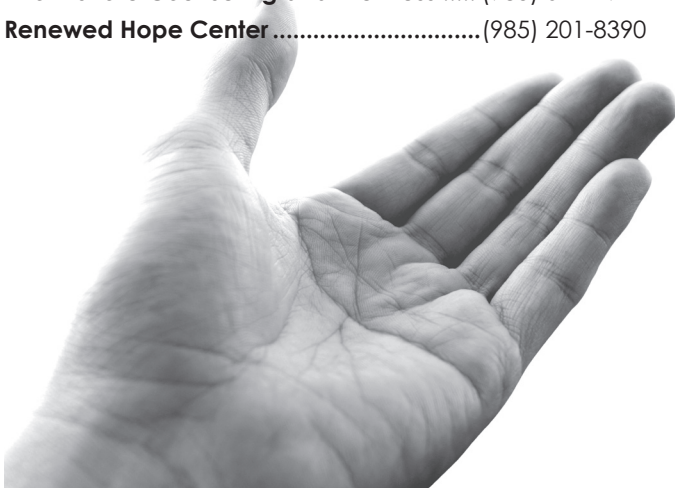
STUDENT REFERRAL GUIDE



DELGADO COMMUNITY COLLEGE
OFFICE OF STUDENT LIFE

www.dcc.edu

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HOW SERIOUS IS IT?

Sometimes people want to die because they are suffering from a chemical imbalance that causes depression or other mental disorders.

College students may neglect to take medication prescribed for depression, hyperactivity or other problems. They may also have a mental illness that causes them so much emotional pain and anguish that it prevents them from rationally considering other solutions to their problems. Incoming students may have particular difficulty adjusting to a new academic environment where the competition is more intense and the stakes are higher.

While you may not be able to solve these problems for a friend, classmate or co-worker, you may be able to help the person find someone who can help. The first step in doing so is recognizing the **WARNING SIGNS** that someone may be at risk of suicide:

- Suddenly declining in academic performance
- Fixating on death or violence
- Having unhealthy peer relationships
- Displaying mood swings or sudden changes in personality
- Being in an abusive relationship
- Having an eating disorder
- Difficulty adjusting to gender identity
- Feeling depressed

Some warning signs of suicide demand **IMMEDIATE ACTION**:

- Announcing a plan to kill themselves
- Talking or writing about suicide or death
- Staying by themselves rather than hanging out with friends
- Expressing feelings that life is meaningless
- Giving away prized possessions

- Saying things like: "I wish I were dead," "I'm going to end it all," "You will be better off without me," "Soon you won't have to worry about me," "What's the point of living?" or "Who cares if I'm dead, anyway?"
- Neglecting appearance and hygiene
- Obtaining a weapon or other items they could use to hurt themselves (such as prescription medications)

Again, there is no foolproof way of knowing for sure that people are thinking of hurting themselves. But even if they aren't thinking of suicide, these warning signs can mean that they have other serious problems. By taking action, you can help them become happier and healthier.

HOW CAN YOU HELP YOUR PEERS?

If you think that any of your friends, classmates or co-workers may be thinking of killing themselves, there are two important things you can do: **TALK TO THEM, AND EXPRESS YOUR CONCERN TO THEIR FAMILY MEMBERS, COLLEGE ADMINISTRATOR, OR A FACULTY MEMBER/STAFF PERSON.**

If you are thinking of hurting yourself, tell someone who can help or call (800) 273-TALK (8255).

WHO CAN YOU CALL IN A MENTAL HEALTH EMERGENCY?

BECAUSE OF LIABILITY ISSUES, THE PERSON, IF VERBALIZING INTENTIONS OF SELF HARM OR HARM TO OTHERS, SHOULD NOT BE WITHOUT ESCORT.

If a person requires immediate mental health emergency services, call Campus Police at (504) 671-6111. Because of liability issues, the person, if verbalizing intentions of self harm or harm to others, should NOT be without escort. Do not attempt to escort or "counsel" the person yourself.

WHO CAN YOU CALL IN A NON-EMERGENCY?

If a person requests or apparently needs counseling or related services but does not show evidence of harm to self or others, see the referral list below for contact information. Additionally, it is important that you submit a referral form by visiting the R.I.S.C.C. Site for reporting incidents. This link can be found by visiting the "Current Students" page or logging in to the "Faculty/Staff" area of www.dcc.edu.



Phone numbers such as the **COPE LINE — (504) 269-COPE (2673) OR (800) 749-COPE (2673)**

— are also available to people as a resource if they want someone to talk to without contacting an agency, or if it's a weekend or holiday.

WHAT SUPPORT RESOURCES ARE AVAILABLE?

Catholic Charities (866) 891-2210
A New Orleans-based non-profit organization with staff, volunteers and clients from every faith and background.

National Suicide Prevention Lifeline(800) 273-TALK (8255)
A free and confidential service available 24/7 with counselors to help if you feel depressed or suicidal. www.suicidepreventionlifeline.org

Volunteers of America..... (877) 674-0488
Speech or Hearing Impaired (800) 462-7585]
Provides hurricane recovery support: listening and emotional support, free counseling, information and referral to local agencies and assistance with developing a personal recovery plan.