CAMPUS RESOURCES:
• Carleton Security Services 507-222-4444
• Student Health and Counseling 507-222-4080
• 24/7/365 Hour Phone Counseling Service 855-705-2479

If you need urgent mental health support call this number to speak with a licensed mental health counselor. This service can be used for problem-solving immediate concerns such as:
• Concerns for self (suicidal ideation, self-harm, academic or social worries, strategies for managing stress, anxiety or low mood)
• Concerns for others (worried for another student’s mental health, wondering if your concerns for a student require urgent attention)

The off-campus telephone counselors are aware of our campus and Northfield resources, are able to connect with local emergency care as needed, and communicate with SHAC staff to provide complete wrap-around services for the benefit of students.

IF A TEAMMATE COMES TO YOU

WHAT TO DO:
• If teammate comes to you about a mental health concern, you can be a helpful teammate by listening to them, showing concern, asking clarifying questions (see below) and helping them get support.

Remember that you are not expected to be an expert
Don’t carry this information all by yourself or promise confidentiality, your teammate needs support from others and there are many resources on campus.

• Examples of clarifying questions:
  • “I am someone who cares and wants to listen, what do you want me to know about how you are feeling?”
  • “It seems like you are going through a difficult time, how can I help you to find help?”

After hearing about the situation, let them know what resources are available (refer to this card)
• Let your captain or coach know about the situation
• As a captain, you are the bridge between the team and the coaches. If you don’t feel comfortable sharing this with your coach, please notify your trainer or athletic administrator.
• Offer to support them by going with them to Student Health and Counseling (SHAC) to set up an appointment or call 507-222-4080

• If you are concerned about your teammate’s safety refer to the emergency section or call Security Services at 507-222-4444

IF YOU ARE CONCERNED ABOUT A TEAMMATE

WHAT TO DO:
• If you are concerned about a teammate you can consult a coach, athletic director, captain, athletic trainer and Student Health and Counseling (SHAC)

• You can have a private conversation with the person expressing concern and support. These conversations are challenging, so make sure to listen and be caring. For suggestions on “how to” visit www.mentalhealth.gov/talk/friends-family-members/

If you are concerned about a teammate you can also fill out a Community Concern Form go.carleton.edu/concern

• If you are unsure about the urgency of the situation, call the 24/7/365 Hour Phone Counseling Service 855-705-2479 to receive additional guidance or call Security Services at 507-222-4444

RESOURCES

• Dean of Students Office 507-222-4075
• Office of the Chaplain 507-222-4003
• After hours SHAC link: apps.carleton.edu/studenthealth/afterhours/

MENTAL HEALTH CONCERNS:
• Stress
• Depression/Bipolar
• Anxiety
• Eating Issues
• Sleep Disorders
• Alcohol & Drug Abuse
• Suicidal Thoughts

go.carleton.edu/knightsmentalhealth
**ADDITIONAL RESOURCES**

- Write your coaches’ cell numbers below
  
- Athletic Administration:  
  - Athletic Director, Gerald Young 507-222-4057  
  - Assoc AD SWA: Heidi Jaynes 507-222-4447

- Athletic Trainers:  
  - Rec Center Training Room 507-222-7371  
  - West Gym Training Room 507-222-4059  
  - Laird Stadium Training Room 507-222-5177
  - Add your team trainer’s cell number here:

- Northfield Hospital:  
  - Main Number 507-646-1000  
  - Emergency 507-646-1100

- National Suicide Prevention Lifeline 1-800-273-8255

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**IF YOU ARE EXPERIENCING A MENTAL HEALTH CONCERN**

**WHAT TO KNOW**

- The PEAR department and Carleton College are here to support you
- You can choose who you confide in and what resources you use
- If you feel more comfortable talking to an athletic director about your concerns, their doors are always open
- There are many resources available on and off Carleton’s campus, so you can find what works for you
- For any concern you have about another student, you can always fill out a community concern form go.carleton.edu/concern
- When helping a teammate it’s most important to communicate your concern with someone else even if you are unsure what to do next
- You don’t have to know the best way to help your teammate, but helping in any way is better than keeping the information to yourself

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**WHAT TO DO:**

- If it’s an emergency refer to the Emergency section, call Security Services 507-222-4444 or find someone to help
- Verbalize your concern with a friend, teammate, captain, athletic trainer, or coach
- Seek support from Student Health and Counseling (SHAC) 507-222-4080
- Call the 24/7 365 Phone Counseling Service 855-705-2479 for urgent mental health services.
- Contact parents, relatives, or close friends for support

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**EMERGENCY SITUATION**

**WHAT IS AN EMERGENCY SITUATION?**

- If someone is in danger of harming themselves or others
- If you do not feel comfortable leaving the person alone

**Call Security Services**

- If you are worried about your own or another person’s safety, call Security Services 507-222-4444
- If you are calling for someone else, stay with the person until Security Services arrives

**What Happens Next?**

- A Security Services officer will arrive, assess the situation and call 911, if necessary
- After the situation occurs, Security Services will notify additional campus personnel who will help support the student

**If You Were Involved**

- Let your coach know about the situation so they can further support your teammate
- Consider how you have been impacted and seek support for yourself

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Created by Carleton Student-Athletes, Nicole Nipper ’17 and Emily Kaegi ’18