WHEN DO I NEED EMERGENCY MENTAL HEALTH CARE? You might need to go to the hospital if you:

- Are seeing or hearing things (hallucinations)
- Have bizarre or paranoid ideas (delusions)
- Have thoughts of hurting yourself or others
- Think or talk too fast or jump from topic to topic and do not make sense
- Feel too exhausted or depressed to get out of bed or take care of yourself
- Have problems with alcohol or other substances or experience other self-destructive behaviors
- Have not eaten or slept for several days or are overeating/oversleeping excessively
- Have tried therapy, medication and/or other supports and still have symptoms that interfere with your life
- Need to make a major change in your treatment or medication under the close supervision of your doctor
- Are unable to care for yourself independently and you don’t have family or other caring adults nearby

IMPORTANT CONTACTS In the aftermath of a mental health emergency, you may request consultation to support your transition back to WCU from these key campus resources:

Office of Student Affairs | 828.227.7234
Student Affairs can assist in streamlining communication with professors and provide assistance in academic, residential, personal or health-related services as needed. This office is a good resource to help you determine which campus offices can provide the best transitional support.

Residential Living | 828.227.7303
Residential Living can assist in explaining any conditions pertaining to a smooth re-entry to the residence halls.

Counseling & Psychological Services | 828.227.7469
The CPS staff can work with you and your care providers so that you fully understand the recommended discharge plan and that you have the means and resources to engage in your aftercare plans while also getting back on track academically. You may request specialized Case Management Services to support your transition back to school with the CPS Case Manager.

COUNSELING & PSYCHOLOGICAL SERVICES
225 Bird | Cullowhee, NC 28723
828.227.7469 tel | 828.227.7004 fax
counselingcenter.wcu.edu
**Helping Hands Supporting Recovery**

**COUNSELING & PSYCHOLOGICAL SERVICES | COUNSELINGCENTER.WCU.EDU**

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**HOW CAN HOSPITALIZATION HELP?**

The hospital is a safe place where you can begin to get well and develop strategies to cope with the stresses that have made your mental health symptoms worsen.

You can work with professionals to stabilize your severe symptoms, keep yourself safe and learn new ways to cope.

You can talk about traumatic experiences and explore your thoughts, ideas and feelings.

You can learn more about events, people or situations that may trigger negative reactions and how to cope with or avoid them.

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**HOW CAN I MAKE THE MOST OUT OF MY EMERGENCY MENTAL HEALTH CARE AND/OR HOSPITALIZATION?** You might want to ask a loved one to help you go through hospital check-in procedures as well as consult with the WCU on-call counselor for assistance in accessing academic accommodations that may pertain to your situation. Ask your loved one to help you communicate with campus and community emergency responders if needed.

You have the right to have your treatment explained to you. You have the right to be informed of the benefits and risks of your treatment and to refuse treatment you feel is unsafe. Make sure the people treating you know your needs and preferences, especially with regard to loved ones to include in your treatment and aftercare plans.

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**HOW DO I STAY WELL WHILE BALANCING SCHOOLWORK AND OTHER LIFE COMMITMENTS?** Authorize communication between your current mental health care providers and WCU Counseling & Psychological Services (CPS) to facilitate your transition back to school. CPS serves as the confidential consultation resource that protects a student’s privacy needs while also verifying a student’s readiness to return to independent living and/or the demands of academic study. Students may or may not utilize our services for their ongoing mental health care (pending the student’s preferences and CPS service limitations.) Our Case Manager can assist you in coordinating these resources to support your academic success.

Know your treatment plan and stick with it. Make sure you write down clear instructions of your treatment recommendations. Ask for clarification as needed.

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**USEFUL RECOVERY-RELATED WEBSITES**

- **www.halofus.com** | MtvU and the Jed Foundation launched this website, Half of Us, to raise awareness about the prevalence of mental health issues on campus and connect students to the appropriate resources to get help.

- **www.activeminds.org** | Active Minds is the nation’s only peer-to-peer organization dedicated to the mental health of college students.

- **www.webtribes.com** | WebTribes is a network of online community support sites for people who suffer from the life-consuming ailments of addiction, anxiety, depression, OCD and HIV/Aids. While not a substitute for professional therapy, the peer support is widely used and valued.