

Resources for Responding to Suicidal Talk or Other Mental Health Emergencies:

Phone consultation with a Counseling Center staff member is available at (216) 687-2277 weekdays between 9:00 am to 5:00 pm (except when the university is closed).

After hours, you may contact Cuyahoga County's Mental Health Crisis Line at 216-623-6888 or the National Suicide Prevention Line at 1-800-273-TALK

You can walk the student over to the Counseling Center for crisis consultation Monday through Friday 9:00 am to 5:00 pm.

If the student is unusually aggressive or otherwise unmanageable, contact the Cleveland State Police Department for assistance at (216) 687-2020 or by dialing 911 and asking to be connected to CSU police.

Responding to Self-Injury

Recent studies of university students indicate that as many as 15-17% engage in self-injury.

The most common forms of self-injury are cutting, picking, and self-hitting.

Self-injury is not generally meant as a suicide attempt, but it is an unhealthy attempt to cope with intense feelings of distress and/or feeling disconnected.

What to do if you suspect self injury or “cutting”:

Let the student know you are concerned and would like to help. Be honest about what you are seeing and why you are concerned. Respond calmly and with “respectful curiosity.” Avoid displaying extreme reactions like shock, pity, or criticism because such reactions will likely limit the opportunity to talk, build trust, and assist in opening the door to recovery.

Help the student explore more positive strategies for coping with intense feelings and stress such as talking with a friend, exercising, or participating in therapy.

Encourage the student to come to the Counseling Center. Provide them the Counseling Center phone number (216) 687-2277 and location (1836 Euclid Avenue, UN 220). Remind the student that our services are confidential.

Sometimes it is useful and necessary to assist the student more directly with making an appointment. In these instances you may offer the use of your phone or call the Counseling Center yourself, while with the student.

It may also be beneficial to walk the student over to the Counseling Center. This might be helpful for students who are unsure about the location and/or are intimidated by meeting with a counselor.

The Counseling Center has walk-in hours from 9am – 5pm Monday—Friday when someone is available to consult with you or to see the student that you’ve referred.