



University of Vermont

Larner College of Medicine

Mental Health Protocol

If you believe this to be a life-threatening emergency
Call 911



Make sure you are safe. If this involves another person, be sure they verbalize that they will not harm themselves. If possible, see if they have a friend/family member to stay with them in the meantime. Stay in contact until help arrives.

If you are concerned about your own or another student's mental health, call any of these resources **24/7** for information or support:



TalkCampus

www.betterhelp.com/talkcampus



UVM CAPS

802-656-3340

<https://www.uvm.edu/health/CAPS>

Additional Crisis Resources:

National Suicide Prevention Lifeline: **(800) 273-TALK (8255)/ TTY (800)-799-4TTY (4889)**

Vermont:

First Call of Chittenden County: **(802) 488-7777**

Vermont Crisis Text Line: text VT to **741741**

Police Wellness Check*: **203-854-3000**

Connecticut:

ACTION LINE: **1-800-467-3135 (or 211)**

Danbury Police Wellness Check*: **203-797-4611**

Norwalk Police Wellness Check*: **203-854-3000**

Any of the numbers above will connect you with helpful resources or support for **you or another student. Make contact when:**

- ~You or someone else has thoughts of suicide/self-harm~
- ~You or someone else has thoughts of harming someone else~
- ~When you feel like you need extra support~

When in doubt, it's always better to ask for help

*You can request a Police Wellness Check to have a police officer stop by someone's home to make sure they are ok. You do **NOT** need to have the person's address.

If you need assistance with academic or wellness planning, please go to med.uvm.edu/studentservices to sign up for a drop-in appointment