

Recognize the Signs

Academic

- Excessive absences, missed assignments, exams
- Sudden drop in grades or academic performance
- Non-responsive to outreach

Psychological

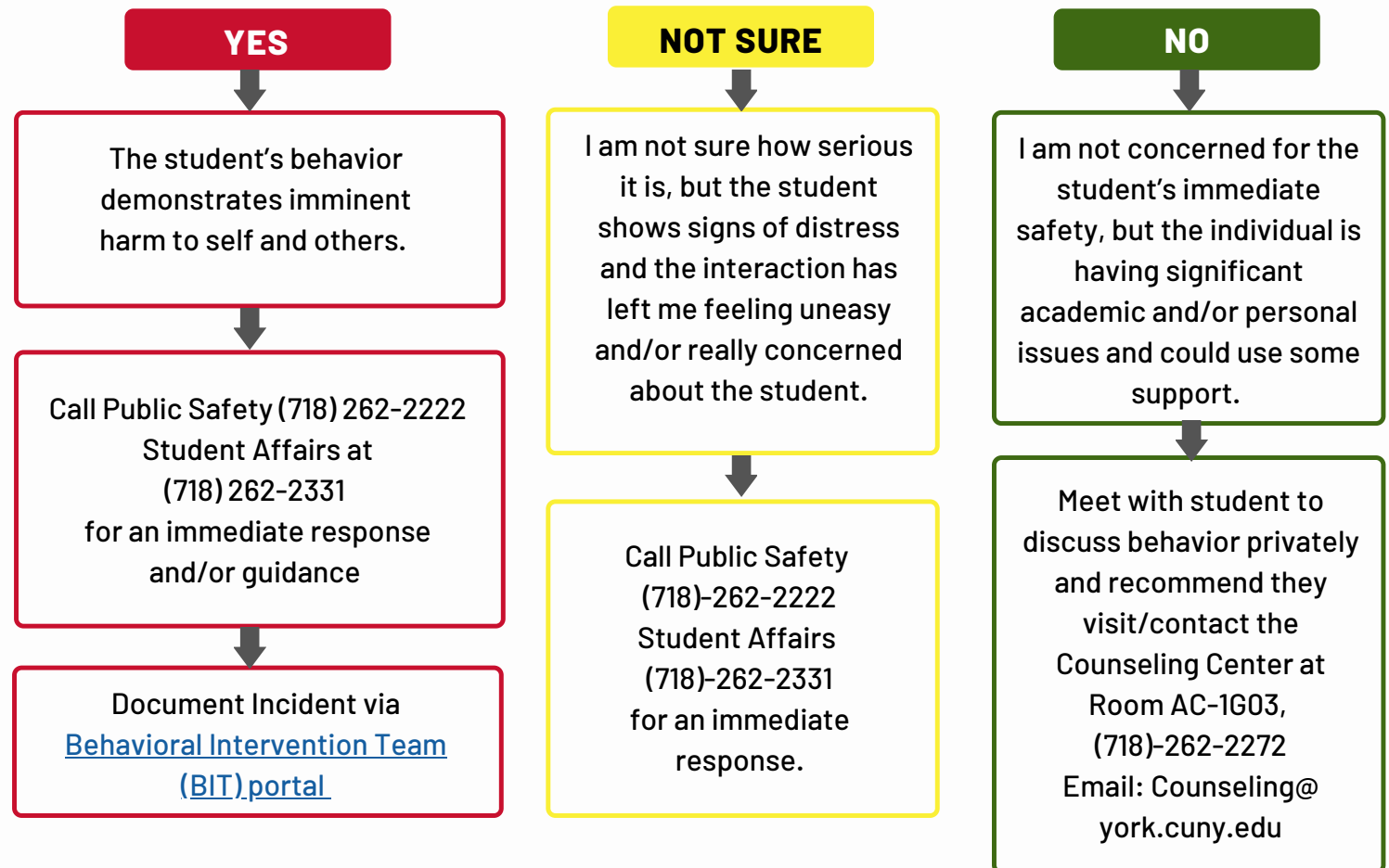
- Self-disclosure of personal distress
- Excessive seeking out personal advice
- Unusual emotional or physical response to typical situations

Physical/Safety

- Changes in physical appearance, speech or eye contact
- Observable injuries or inappropriate interactions between students
- Unprovoked anger, sadness or other reaction

How to Respond

Follow the chart below to determine who to contact when faced with a distress or distressing student.
 Ask yourself, is the student a danger to self or others?



On Campus Resources

Office	Phone Number	Email Address
Public Safety	718-262-2222	jassmann@york.cuny.edu; csuarez2@york.cuny.edu; aroman9@york.cuny.edu
Student Affairs	718-262-2331	SAEM@york.cuny.edu
Office of Ombudsperson	718-262-2152	ombudsperson@york.cuny.edu
Counseling Services	718-262-2272	counseling@york.cuny.edu
Center for Students with Disabilities	718-262-2191	csd@york.cuny.edu
Student Health Services	718-262-2050	StudHealthSvcCtr@york.cuny.edu

Off Campus Resources

Emergency Resources

- Call 911 or go to your nearest hospital
- CUNY Crisis Text Line: Text "CUNY" to 741741
- NYS Suicide and Crisis Lifeline: Call or Text "988"
- NYC Well: Text "WELL" to 65173 or 1-888-NYC-WELL or call 1-888-692-9355
- Safe Horizon Helpline: (Domestic Violence resource) 1-800-621-HOPE (4673)
- SAMHSA Helpline: (Substance Abuse/Mental Health) 1-800- 662-HELP (4357)
- Veterans Crisis Lifeline: Call 988 and Press "1" or Text 838255
- Trevor Lifeline: (LGBTQIA+ suicide prevention): Text START to 678678 or call 1-866-488-7386

Uwill

YORK College 

We're here for **U**
when you need
someone to talk to.

Uwill

Student Mental Health & Wellness

Private. Secure. Confidential.



STUDENTS RECEIVE **FREE** IMMEDIATE ACCESS TO TELETHERAPY

Choose a therapist based on your preferences *gender, language, ethnicity, focus area* at a time that fits your schedule *day, night, weekend availability* by *video, phone, chat or message*.

Scan QR code to get started using your school email
www.york.cuny.edu/counseling-center/uwill

