

# ARE YOU OR SOMEONE ELSE STRUGGLING EMOTIONALLY?

## I HAVE AN IMMEDIATE CONCERN



I AM OR SOMEONE ELSE IS THINKING ABOUT SELF-HARM

VISIT OR CALL AL RASHID HEALTH AND WELLNESS CENTER:  
**609-896-0391 • OPEN 24/7**

CALL PUBLIC SAFETY:  
**609-896-0509**

INFORM YOUR HEAD OF HOUSE

CALL NATIONAL SUICIDE PREVENTION LIFELINE:  
**800-273-8255**

CALL OR TEXT NEW JERSEY SUICIDE PREVENTION HOPELINE:  
**855-654-6735**

## I AM NOT SURE IF I NEED TO BE CONCERNED



SHARE YOUR CONCERNS WITH SOMEONE YOU TRUST



### WHO TO TALK TO:

HEAD OF HOUSE  
ADVISOR • COACH • TEACHER  
PREFECT • FRIEND

### COUNSELORS:

DR. APPLE: 609-895-2176 • DR. BALCOM: 609-620-6125  
DR. BUNIN: 609-620-6032 • DR. GELLER: 609-620-7616

## DID YOU KNOW?

- At least 50% of the student body sees a counselor at some point in their time as a student at Lawrenceville
- Going once doesn't mean you have to go again
- Visits are free and confidential\*

\*Confidentiality: visits are confidential unless you or someone else is in immediate danger OR you report instances of child abuse. Feel free to discuss confidentiality with your counselor!

Additional guidance: [njhopeline.com/why-call-for-yourself](http://njhopeline.com/why-call-for-yourself)

## WHY SEEK HELP?

### 1. Everyone needs support.

At times, life can feel stressful, even overwhelming. Sometimes you may feel disconnected from your usual supports or they may be inaccessible. Sometimes you may need objectivity on a situation that you can only get from talking to someone you don't know. Sometimes the situation is one you would rather discuss with someone outside your circle of friends and family. And sometimes you just need someone to listen so you can talk it out for yourself, and hear someone tell you that you got this.

Whatever the reason, no matter how big or small it feels, you can and should reach out for support. You don't have to be suicidal to get in touch.

### 2. Stress, depression, crisis or trauma can distort your perceptions and prevent you from seeing things clearly.

Sometimes when you are feeling desperate, scared or on edge you may not be able to imagine anything beyond the moment that you are in. Reaching out to any of the resources above will provide you with a good listener who is not afraid to hear about anything that you may be thinking or feeling. You will find support to get you through that moment, and help you make sense of what you are feeling. You can also receive assistance in identifying options for the next moment if that is something you want to do.

### 3. Suicidal feelings can be the result of solvable problems.

Thoughts about killing yourself or self-harm can be scary and confusing. Powerful emotions can make you feel tired, hopeless, anxious, lost, afraid, ill, or even disinterested in the things you usually enjoy. Struggling looks and feels different for everyone. By talking about what you are feeling, you can begin to figure out some of the things that may be causing you to feel this way, and you can begin to figure out what to do about them.

## WHY CALL FOR SOMEONE ELSE?

### Warning signs...

- Talking about wanting to die or to kill themselves
- Looking for a way to kill themselves
- Giving away important possessions
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or being in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or isolating themselves
- Showing rage or talking about seeking revenge
- Extreme mood swings
- Engage in cutting or other type of self-harm