

Mental Health RESOURCES

If you believe this to be a crisis
Call 988

Make a temporary plan to be safe until help arrives. If this involves another person, be sure they verbalize that they will not harm themselves. If possible, see if they have a friend or family member to be with in the meantime. Stay on the line or call the person back and continue talking until help arrives.

When to contact ATSU Behavioral Health & Wellness

- When you or someone else has thoughts of suicide or self harm
- When you feel things are beyond your role and/or beyond your skills
- When in doubt, it is always better to make the call for help

To make an appointment call: **660.626.2424** or
online at: **atsu.edu/bhw**

If a counselor is not in or after hours

Monday-Friday
8:00 a.m.-5:00 p.m.

Behavioral Health & Wellness

Director Sarah Thomas, EdD, MSW, LCSW 660.626.2751
Virtual Appointments available
Jessica Jones, MS, CHES®, CHW Care Manager
660-626-2156

Timely Care (Available 24/7):

timelycare.com/atsu or download the app, sign in
with your ATSU email
Services: Talk Now & Scheduled Counseling

Behavioral Health Response - St. Louis:

Crisis support, telephone counseling, and mental
health resources
24/7 bhrstl.org | 800.811.4760

Contact Lori Haxton, VP Student Affairs:
(work) 660.626.2236 (cell) 660.349.9492

After 5 p.m. or on
Saturday and Sunday

Timely Care (Available 24/7):

timelycare.com/atsu or download the app, sign in
with your ATSU email
Services: Talk Now & Scheduled Counseling

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National Suicide and Crisis Lifeline: Call or
Text: 988