

# FIREBIRD FLEX

## SELF GUIDED SUPPORT

Taking care of our mental health is an important job. Carthage offers a lot of resources for students to engage in independent wellness practices, which means - things we do for ourselves to take care of ourselves.

**Examples:** Luther's Lunchbox, Purpose Journaling (Center for Faith and Spirituality), HCC "Self-Help" page, HCC Lending Library, Carthage Library, Uwill Psychoeducation, Recommended Apps and Websites

## CAMPUS AND PEER SUPPORTS

Feeling connected and having a sense of belonging are an important part of mental wellness. Connecting with different programs or organizations around Carthage can be helpful for your well-being.

### Campus Supports:

Table Athletic and Recreation Center (TARC), Student Organizations, Center for Student Success, Office of Equity & Inclusion, Aspire Center

### Peer Supports:

Interfaith Lunch, Mental Health Support Groups, Let's Just Talk Student Group, NAMI Peer Support Group, Virtual Support Groups

## BRIEF INTERVENTION AND SKILLS DEVELOPMENT

Increasing your resilience and gaining skills to cope with challenges can be very helpful. Participating in workshops, watching speakers who come to campus, or attending a brief walk-in appointment at the HCC are great examples of this.

**Examples:** Mental Health Workshops, Aspire Workshops, Mental Health First Aid Training, NAMI Hearts and Minds Workshop, Be There Certificate, Community Speakers, Campus Presentations, Walk-In Appointments at the HCC

## TALKING IT OUT

When things get tough, talking to a friend, mentor, or coach can be a great way to get a different perspective. Attending a process group through the HCC can also be helpful in getting guided support from peers and/or a counseling professional.

**Examples:** Campus Support Groups, Talking to a friend or family member, Talking to a mentor, coach, or RA, Talking to a student success advisor, academic advisor, career specialist, equity coach, etc.

## INDIVIDUAL THERAPY

This type of care is for those who need ongoing support for their mental wellness. This can include talk therapy or medication management.

**Examples:** Health and Counseling Center (HCC), Uwill Teletherapy Services, Psychologytoday.com, Family Psychiatric Care, Guided Wellness, Open Path Collective, Fleming Psychological, Other community providers

## CRISIS, STABILIZATION, AND REFERRAL

For individuals experiencing severe mental health symptoms, or for needing more specialized care. Connecting to a provider in the community can be especially helpful. If someone is in crisis, the HCC can assist that person in getting the help they need.

**Examples:** Referral Support from HCC, Title IX Coordinators, Public Safety, 911, Kenosha Crisis Line, Hospitalization