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:

**WellConnect**
866-640-4777
WellConnectForYou.com (Code: UVMCOM)

**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