



WELLNESS SERVICES



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WELLNESS SERVICES, HOW WE HELP, & WHAT WE OFFER

Use a brief, solution-focused model of counseling offering

- Individual Counseling
 - One-on-one sessions
- Crisis Counseling
 - Emotional support, interventions, feedback to assist students in crisis
- Other Services
 - Group counseling, workshops, referrals, and consultation

Help students struggling with:

- | | | |
|--------------|--------------------------|--------------|
| • Stress | • Homesickness | • Obsessions |
| • Depression | • Grief and loss | • Anger |
| • Anxiety | • Issues with motivation | • And more |
| • Trauma | • Sexuality | |

Appointments are:

- Confidential
- Free to enrolled students
- Virtual

[Sign up for an appointment at bit.ly/wtccwellness](https://bit.ly/wtccwellness)

Student Assistance Program:

- Free, confidential help for personal, work-related and family concerns. Crisis assistance.

704-5291428 or 800-633-3353

24/7 SUPPORT LINES



Suicide Prevention Lifeline	800-273-TALK (8255)
Alliance Access	800-510-9132
Hopeline	919-231-4525 or 877-235-4525
Veterans Crisis Line	800-273-8255 Press 1
Trevor Project (LGBTQ+)	866-488-7386
Interact Domestic Violence Line	919-828-7740 or 866-291-0855
Interact Sexual Assault Line	919-828-3005 or 866-291-0853



HOW TO TALK ABOUT SUICIDE

Talking about mental health can be difficult, but it can make all the difference.

Warning Signs

- Talking or writing about suicide or dying
- Being visibly agitated or impulsive
- Talking or writing about feeling hopeless, stuck, or without purpose
- Withdrawing or isolating from others
- Experiencing sudden mood changes
- Substance misuse
- Trouble concentrating
- Excessive worry
- Not functioning like their usual selves - change habits, general appearance, eating
- Posting captions, hashtags, or emojis that are overtly sad or negative
- Writing posts or comments that show impulsive behavior, irritability, hostility

Try This

- Remain calm
- Give the other person time to respond
- Use non-judgmental listening
- Let the person know they are not alone
- Take the person seriously

Avoid This

- Trying to fix the problem or the emotion; giving advice
- Invalidating or arguing about the person's feelings
- Lecturing the person in crisis
- Reacting with shock
- Promising to keep their suicidality, plan, or ideation a secret

Conversation Starters

"Seems like something's up. Do you wanna talk about what's going on?"

"I've noticed you've been down lately. What's going on?"

"I wanted to check in with you."

"Are you OK? You don't seem like yourself lately."

"I know you're going through some stuff; I'm here for you."

Remember

- Listen and be supportive
- You don't need to be an expert
- Encourage professional support and provide resources
- If you are concerned for a friend's safety - seek immediate professional help by contacting:
 - Campus Police 919-866-5911
 - 911
 - 24/7 Support Line

For more resources on Seize the Awkward
