

What is LINK?

LINK is an acronym for identifying distress signals to help address someone's needs for health and mental health support.

Are you having a difficult time sorting through problems? Concerned about the well-being of one of your peers? If you or someone you know is struggling, follow these steps:

- L**ook for signs of difficulty
- I**nquire about your concerns
- N**ote changes
- K**now referral resources

Students at New York University can **LINK** to a host of free resources and services designed to promote intellectual growth, mental health and wellness. By following these simple steps, you can connect with the strong network of services and committed staff that comprise the University's **Wellness Exchange**.

Why LINK?

College life can be stressful. Mental health and wellness are an integral part of achieving academic success. Although free, confidential support services are available at NYU, many students reach out to their classmates and friends for help first. As a resident, you can become a partner in promoting and achieving overall wellness for the NYU Community. Following **LINK** will allow you to connect to the appropriate services, recognize signs that a friend needs help, and assist your peers in getting the help they need.

What do I LINK to?

If you or someone you know needs help, contact any one of the following NYU resources:

- **Residential Education**
212-998-4311
Or talk to your RA, PE, or CDE
- **Wellness Exchange**
212-443-9999
24/7 hotline for confidential help for you or a friend.
- **University Counseling Service**
212-998-4780
Set up a confidential appointment with a counselor.
- **Office for Wellness Learning**
212-443-1234
Information, advocacy, skill building and referral in the following areas:
 - Alcohol and Other Drug Education Services
 - Body, Eating Stress and Smoking
 - Social Services
 - Sexuality and Sexual Health
 - Sexual Assault, Prevention, Education & Support Services (SAPES)
 - **24/7 Sexual Assault Support Line:**
212-443-1230
- **Department of Public Safety**
212-998-2222
24/7 Public Safety Assistance and Emergency Response



Mental Health and Wellness at NYU

*A guide to recognizing and
addressing distress signals
for students in residence.*

Department of Residential Education
Division of Student Affairs
33 Washington Square West, 1st Floor
in partnership with
The Wellness Exchange
212-443-9999

LOOK FOR SIGNS OF DIFFICULTY

If you notice signs of distress, ask to meet privately with the person or discuss your concerns with an NYU professional.

- Let the person know you care
- Listen attentively
- Be patient and calm

INQUIRE ABOUT YOUR CONCERNS

If you notice behavioral, physical or personality changes in someone that are cause for concern...

...help them **LINK** to resources.

LINK

NOTE CHANGES

- References to death or suicide in conversation, jokes, emails, papers or other writings
- Preoccupation with death and dying
- Withdrawal from friends and social activities
- Loss of interest in schoolwork, work, and other activities
- Abrupt decline/changes in behavior, mood or appearance
- Pursuit of dangerous activities
- References to previous suicide attempts
- Drug or alcohol problems
- Signs of depression: crying, hopelessness, sleeping or eating problems, low energy, low self-esteem, excessive guilt
- Your gut level reaction that something is wrong

After you have inquired about your concerns and noted the signs of difficulty, help the person **LINK** to resources.

KNOW REFERRAL RESOURCES

Knowing where and how to refer students is a vital part of the process in getting help. Be clear in your concern. Be encouraging and reassuring. Share your concerns with a professional including your **Resident Assistant (RA)**, **Peer Educator (PE)**, **Community Development Educator (CDE)**, call the **Department of Residential Education** at 212-998-4311 or the **Wellness Exchange** at 212-443-9999.