



The purpose of the College SOS program is to learn about mental health disorders, how to recognize the symptoms in yourself or a friend, and how to seek treatment.

To log into the program go to <http://collegesos.org/>

Click on the Student portal

Keyword: herkimer

Map Key – if you click on the following icons on the map you will find information on the adjacent topic.



Cloud with Rain – Depression



Volcano – Anxiety Disorders



Book – Real Stories of Depression and Hope Password to play the video is College\_SOS



Life Preserver – ACT outline



Ship – Tips for Offering Empathetic Support



Compass – Herkimer College Counseling Center Contacts



Picnic Basket – Eating Disorders



Volley Ball Net – Student Athletes



Lighthouse – Myths About Therapy



Campfire – Relationships



Bottle – Alcohol



Cloud with Lightning – PTSD



Airplane – a link to mental health screenings



- Clicking on this icon should populate a quiz but it does not always work depending on what browser you are using.

## Suicide Prevention Resources:

At-Risk for Students – Simulation exercise that helps prepare students to lead real-life conversations with fellow students in distress and connect them with support. Go to <https://kognitocampus.com> and create a new account. Use the enrollment key stevefund and then launch At-Risk for Students. When done you will get a certificate of completion that you can print out.

Seize the Awkward - <https://seizetheawkward.org/> a unique campaign that targets teens and young adults and delivers information about risk factors for suicide, as well as tips for how to support someone experiencing emotional and psychological distress.

The campaign includes videos featuring YouTube stars like Hannah Hart, Liza Koshy, and Remi Cruz talking about their mental health struggles and how they've supported others during difficult times. The campaign's website is loaded with tips about warning signs, as well as advice on how to listen supportively.

<https://www.integration.samhsa.gov/clinical-practice/suicide-prevention-update>



## Suicide Prevention Lifeline for Veterans

1-800-273-TALK (8255)

**Veterans: Press 1**



Help at your fingertips, 24/7

Text 741741 from anywhere in the USA to text with a trained Crisis Counselor. **Crisis Text Line** serves anyone, in any type of crisis, providing access to free, 24/7 support and information via the medium people already use and trust: text. If you are a person of color Text STEVE to 741741

**Chat line:** <https://www.imalive.org/online/>

Herkimer College Counseling Center: RMCC 302, phone 315 574-4034, hours 8:00 am – 4:00 pm