

# WELLNESS RESOURCES

## ALL EMERGENCY SITUATIONS 911

Resources available 24/7

Office of Public Safety 419-772-2222  
Ada Police Department 419-634-0010

Dean of Students and Vice President for Student Affairs 419-772-2433  
McIntosh Center | student-affairs@onu.edu

Residence Life 419-772-2430  
McIntosh Center | reslife@onu.edu

Mercy Health ONU Counseling Center 419-604-3372  
Klondike's Den | ONU-Counseling-Center@mercy.com

Mercy Health ONU Health Center 419-226-4520  
Lakeview Apartments | ONUHealthCenter@mercy.com

Student Resource Center 419-772-1019  
Heterick Memorial Library, 2nd floor | studentresourcecenter@onu.edu

Office of Religious and Spiritual Life 419-772-2200  
English Chapel | religiousandspirituallife@onu.edu

Office of Multicultural Development 419-772-2697  
Affinity | multicultural@onu.edu

Title IX/Sexual Harassment or Misconduct 419-227-0061  
TitleIX@onu.edu

Accessibility Services 419-772-1055  
Center for Student Success | Heterick Memorial Library, 2nd floor | accessibilityservices@onu.edu

Chief Belonging, Inclusion and Diversity Officer 419-772-1202  
Lehr Memorial | belonging@onu.edu

Colleges  
Arts & Sciences 419-772-3566  
Business Administration 419-772-2071  
Engineering 419-772-2371  
Pharmacy 419-772-2275  
Law 419-772-3051

Careteam@onu.edu

Email is monitored Mon-Fri 8 a.m. - 5 p.m. and can be used to refer a concern for student well-being for non-emergency situations

Concern for Student Well-Being Referral Form  
My.onu.edu/concern/

Bias Reporting Link  
My.onu.edu/reporting-bias-at-onu

Suicide and Crisis Lifeline 988  
HOPEline 1-800-567-HOPE (4673)  
24-hour hotlines

Crisis Text Line Text 4HOPE to 741741  
24-hour text line

Crime Victim Services 1-877-867-7273  
24-hour rape crisis services  
Victims of human trafficking 419-222-8666

National Sexual Assault Hotline 1-800-656-HOPE (4673)  
24-hour hotline  
Chat now: <https://hotline.rainn.org/online>

Veterans Crisis line 988, Press 1  
Veterans Text Line 838255

The Trevor Project 1-866-488-7386  
LGBTQ+ Text Line Text START to 678678  
Trans Lifeline 1-877-565-8860

Heartbeat of Lima 419-222-7945  
Services: Free pregnancy testing, ultrasounds and other supportive services

Hardin County Victim Assistance 419-674-2277

## ONU CARES ABOUT YOU!

Division of Student Affairs  
McIntosh Center, First Floor  
525 S. Main Street  
Ada, Ohio 45810

OHIO  
NORTHERN  
UNIVERSITY.



# ONU ORANGE FOLDER

SEE SOMETHING.  
SAY SOMETHING.  
DO SOMETHING.

The Care Team within the Division of Student Affairs at Ohio Northern University cares about the mental, spiritual, cultural and physical well-being of every student and recognizes that circumstances outside of the classroom may impact your ability to reach academic success. Naturally, you will face a host of challenges and opportunities while striving to attain a degree. ONU understands and wants to help. Resources are readily available on and off campus to support your needs. Should you have an urgent concern for yourself or a fellow student, please contact the Office of Public Safety. Otherwise, student concerns may be brought to the attention of the Care Team via our Concern for Student Well-Being Form, which can be found on the ONU website at [www.my.onu.edu/concern](http://www.my.onu.edu/concern). Staff members follow up on each report and ensure that these concerns are addressed by the appropriate personnel.

OHIO  
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UNIVERSITY.



**RESOURCES:**  
 Office of Public Safety..... 419-772-2222  
 Counseling Center..... 419-604-3372  
 Office of Student Affairs..... 419-772-2430

**WARNING SIGNS**  
**SEE SOMETHING. SAY SOMETHING. DO SOMETHING.**

You may be the first person to recognize signs of distress in your friend or classmate. Trust your instincts and if you see something, say something. Listed below are common warning signs for someone considering suicide and/or significantly struggling with their mental health.

Has your friend:

- Stopped hanging out with friends or withdrawn from activities?
- Stopped going to class?
- Been sleeping too much or too little?
- Stopped caring about their appearance?
- Said they feel like a burden to others?
- Said they feel hopeless?
- Seemed to have lost interest in things that the person used to enjoy doing?
- Started or increased use of alcohol or drugs?
- Commented about killing themselves?
- Given away possessions?



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**HOW TO HELP**

Do you feel your peer is in immediate need of assistance for any reason?  
 (Has shared a plan for suicide, has engaged in self-harm, is having a medical emergency etc.)

<b>YES</b>	<b>NOT SURE</b>	<b>NO</b> but could use some support
<p><i>Call Public Safety for immediate response</i></p>	<p><i>Call Student Affairs or Public Safety and submit a Concern for Student Wellbeing referral online.</i></p>	<p><i>Encourage your friend to call or email the Counseling Center to make an appointment and/or submit a Concern for Student Wellbeing referral online. Walk them to the Counseling Center if it is urgent</i></p>

**ASSISTING FRIENDS IN DISTRESS**

Contact the Office of Student Affairs or Public Safety if in need of support. Act sooner rather than later. Don't hesitate to call 911 in an emergency. You are never expected to act in the role of a therapist or trained professional when helping a friend or classmate. Know that there are skilled professionals on campus to help.

**HOW DO I START THE CONVERSATION WITH MY PEER?**

- Have an honest conversation
- If you think someone is thinking about suicide, assume you are the only one who will reach out and ask the hard question- Are you thinking about suicide?
- Talk to them in private
- Listen to their story and let them know you care about them
- Encourage them to seek treatment or to contact their doctor or therapist

If your peer is considering suicide, ask if they have a plan. If yes, seek immediate assistance through Public Safety. If no, explore further and help them connect to resources. Walk the person to the Counseling Center if in crisis or wanting additional support. Sit with them as your friend calls a hotline or text line. Call Public Safety if needing immediate support after hours.



**REMEMBER: SAFETY FIRST!**

If you are concerned for the safety of yourself or others, call the Office of Public Safety at 419-772-2222. They are open 24 hours a day, 7 days a week. A friend being angry for you making a call can often be resolved with time and effort.

**What if I am struggling with my mental health?**

- Call the HOPEline at 1-800-567-4673 (Available 24/7)
- Call the Suicide and Crisis Lifeline at 988 (Available 24/7)
- Text the Crisis line. Text 4HOPE to 741741 (Available 24/7)
- Call the Mercy Health ONU Counseling Center (M-F 8 a.m. - 4 p.m.)

*Adapted from Southern Illinois University red folder.*