



Snow College Mental Health Services

To find resources, find the color that best describes your current mood.

GREEN: Things are generally okay, but you are starting to struggle.

What you might be feeling/doing/thinking:

- Avoiding classes/activities/events
- Having a difficult time managing your emotions- sadness, anger, jealousy, loneliness, etc.
- Struggling to manage your personal hygiene or appearance for lack of energy or motivation
- Ignoring calls or texts from family, friends, or other supportive people in your life
- Changing your behavior in significant and negative ways
- Feeling like no one cares about you or can understand what you're going through
- Having a difficult time sleeping or sleeping too much
- Having a difficult time eating or eating in ways that aren't healthy for you
- Starting to use unhealthy coping strategies
- Feeling worthless or that you can't do anything right
- Feeling overwhelmed and beginning to doubt your ability to take care of yourself

On-Campus Resources:

- Reach out to and talk with a Peer Mentor (Student Success Coach, ADA, Trula, RA's, etc.)
- Stop by the [Health & Wellness Center](#)
- Have a conversation with your [Student Success Advisor](#)

Things you can try on your own:

- Take care of your basic needs:
 - Eat healthy meals
 - Get a good amount of sleep each night (7-8 hours)
 - Drink plenty of water
 - Get some physical activity every day (at least 30 minutes)
- Spend time outside in the sun
- Spend some time with friends/family (call, text, visit, video-chat)
- Focus on your spirituality or faith
- Practice mindfulness and breathing exercises
- Sign out of social media for short periods of time
- Create a routine for each day

Virtual Resources:

- [TimelyCare](#): Free Crisis and Virtual Therapy [timelycare.com/snow](https://www.timelycare.com/snow)
- [Trula Campus](#): Peer wellness coaching snow.edu/trulacoaching
- [TAO Connect](#): Online workshops and self-guided resources
- Attend a Wellness meet-up

YELLOW: You aren't doing well and need additional support to feel better.

What you might be thinking/feeling/doing:

- Already have a mental health diagnosis- depression, anxiety, PTSD, etc.
- Completely neglecting your school, work, or other life responsibilities
- Frequently expressing anger toward others
- Using alcohol or drugs excessively
- Relying on existing relationships to address your mental health needs instead of professional help
- Thoughts of helplessness or hopelessness
- Engaging in self-harming behaviors (cutting, burning, bruising)
- Completely withdrawing from activities that usually bring you joy
- Disconnecting from your friends and family

On-campus resources:

- Stop by the [Health & Wellness Center](#)
- CARE Team
- Health and Wellness Triage Appointment
- Health and Wellness [Therapy Groups](#)
- [Dean of Students Office](#): 435-283-7320
- [Care Team/Case Management](#)

Things you can try on your own:

- Mindfulness, grounding exercises, or breathing exercises
- Give yourself permission to take a break from things for a brief period of time
- Calling your counselor or therapist if you have one

Virtual resources:

- [TimelyCare](#): Free Crisis and Virtual Therapy timelycare.com/snow
- [TAO Connect](#): Online workshops and self-guided resources
- Crisis Helpline: 833-372-3388
- [Trula Campus](#): Peer wellness coaching

RED: Things have become so difficult that you need help right away.

What you might be thinking/feeling/doing:

- Talking about suicide or dying
- You are planning on harming yourself or others
- You are being harmed by others
- You are taking your frustrations out on others
- You are harassing or bullying others
- You are being dishonest
- You are expressing yourself violently in words or actions
- You feel the need to carry a weapon
- You feel like giving up or that there is no hope that things will get better
- You feel like you are a burden to those around you

On-campus and community resources:

- [Health and Wellness](#) 435-865-8621
- [Dean of Students Office](#): 435-283-7320
- [Snow College Police](#): 435-835-2345
- [Ephraim City Police](#): 9-1-1
- [Sanpete Valley Hospital](#) Emergency Room: 435-462-41747
- [New Horizons Crisis Center](#): Helpline: 800-343-6302
- [Snow College Title IX](#): 435-586-5419

What you can try on your own:

- It's time to get professional help. The best thing you can do is contact one of the resources listed below.

Virtual resources:

- [TimelyCare](#): Free Crisis and Virtual Therapy timelycare.com/snow
- Domestic Violence Hotline: 800-897-5465
- The Trevor Project LGBTQ 866-488-7386
- Transgender Suicide Hotline: 877-565-8860
- Veterans Crisis Line: 800-273-8255, press 1
- National Sexual Assault Hotline: 800-656-4376

