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# SEEKING HELP

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## For immediate help



If you are thinking about harming yourself, please get help now:

- Call 911
- Go to your nearest emergency room (near NYFA, Beth Israel on 16th & 1st)
- Text "START" to 741-741 or call 1800-273-TALK (8255)

If you are having thoughts about self-harm, please know that you don't have to deal with these thoughts on your own. You can get support from someone 24/7. Crisis counselors at hotlines or emergency room staff are there to help during your worst times. They will not judge you: they are there to listen, support, understand, and help

## If you're having thoughts of suicide...



If you're having thoughts of suicide, but aren't immediately thinking of hurting yourself and don't have a plan, consider the following:

- Reach out to someone you can trust: it might help to let someone know how you are feeling- if it seems like someone doesn't "get it," move on to someone who can listen in a way that helps you & gives support in a way that is useful
- Make an appointment at NYFA Counseling Services: email [counseling.referral@nyfa.edu](mailto:counseling.referral@nyfa.edu) and request an appointment or stop by and ask to see Jacky or Alistair
- Connect to a trusted instructor or faith counselor: they will have resources you can use
- Call a crisis hotline and talk with someone who has experience in these issues for support and understanding about how to connect to these resources

## If a friend is struggling with thoughts of suicide:



If a friend is struggling with thoughts of suicide:

- Avoid: debating the value of life
- Avoid: advice to fix it
- Avoid: minimizing the problems
- Avoid: thinking they will tell someone else their problem

Try to:

- Listen to their story empathically and talk with them in private
- Tell them you care about them
- Ask them outright if they are thinking about suicide
- Offer them resources and encourage them to seek help

If you don't feel like you can be a support, connect them with someone who can: you saying you can't be the person who can help doesn't mean you don't care: connecting them with the right support is the best thing you can do

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## Helpful Resources

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### Counseling at NYFA

17 Battery Place, 1st Floor  
Tel: 212-674-4300 X 278  
[Counseling.referral@nyfa.edu](mailto:Counseling.referral@nyfa.edu)

### The JED Foundation

[www.jedfoundation.org](http://www.jedfoundation.org)  
[www.ulifeline.org](http://www.ulifeline.org)  
*Self-assessments, more resources,  
and information on College  
mental health*

### The American Foundation for Suicide Prevention

[www.afsp.org](http://www.afsp.org)

### The Trevor Foundation

[www.thetrevorproject.org](http://www.thetrevorproject.org)  
*Support for LGBTQ youth via  
text, online chat, crisis hotline  
1-866-488-7386 for crisis support*