

# Mental Health **RESOURCES**

If you believe this to be a crisis, **Call 988**

Make a temporary plan to be safe until help arrives. If this involves another person, be sure they verbalize they will not harm themselves. If possible, see if they have a friend or family member to be with in the meantime. Stay on the line, or call the person back and continue talking until help arrives.

## Contact ATSU Behavioral Health & Wellness

- When you or someone else has thoughts of suicide or self harm
- When you feel things are beyond your role and/or beyond your skills
- When in doubt, it is always better to make the call for help.

To make an appointment, go online to [atsu.edu/counseling\\_services](https://atsu.edu/counseling_services) or call 660.626.2424.

If a counselor is not in or after hours

Monday-Friday from 8:00 a.m-5:00 p.m.

### ATSU Behavioral Health & Wellness

Desirai Browning, MAS, LAMFT . . . . 480.219.6170  
Karen Taylor, MS, LPC, NCC. . . . . 480.265.8069  
5845 Bldg., Ste. 213

### Timely Care

Available 24/7  
[timelycare.com/atsu](https://timelycare.com/atsu) or download the app,  
sign in with your ATSU email  
Services: Talk Now & Scheduled Counseling

### ATSU Department of Student Affairs

Michael Zajac, MA  
Associate Vice President for Student Affairs  
5845 Bldg., Ste. 208  
480.219.6026 (O) | 740.403.1003 (C)

After 5:00 p.m., on weekends, or holidays

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sign in with your ATSU email  
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### Crisis Response Network

Available 24/7. . . . . 800.631.1314

### National Suicide and Crisis Lifeline

Call or text: 988

### Other helpful numbers

**Mind 24-7** Call, text, or visit  
1138 S. Higley Rd., Mesa, AZ 85206 | 844.646.3247