

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 that 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.

When to use Mental Health Resources:

- 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

Available Support

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

Behavioral Health & Wellness
Director Sarah Thomas, EdD, MSW, LCSW
660.626.2751 (O) 660.651.6779 (C)

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

Contact:
Dr. Ryan Jefferson, Director Student Affairs
805.261.7681

After 5 p.m. or on
Saturday and Sunday

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

Local Contact:
County of Santa Barbara - Santa Maria
Behavioral Wellness
24 hour crisis line 888.868.1649
500 West Foster Road, Santa Maria, CA

National Suicide and Crisis Lifeline:
Call or text: 988