There are certain times throughout the year that can be particularly challenging to students. Two times in particular are the beginning of the school, and the end of the year, as final papers/projects come due, students look for summer work, or are preparing for graduation and their future.

When you combine those things with any other challenges in our personal lives, it’s easy to feel isolated and helpless. The important thing to realize when you or somebody you know feels this way, is that there are resources available. There is help. There are people who care.

If you are feeling stressed, sad, or overwhelmed, make an appointment with Counseling and Psychological Services. Appointments can be made by phone at 651 962-6780. They are located in Murray-Herrick Campus Center room 356, one floor above Admissions. Services are free to students and confidential.

If you are in crisis, experiencing a personal emergency, walk-in appointments are available Monday – Friday from 8 – 11:30 AM and 1 – 4 PM. After hours, you can contact the Crisis Connection at 612 379-6363, a local service staffed 24 hours a day by trained professionals.

If you are on campus and fear you may be a danger to yourself, contact the Public Safety Emergency Line at 651 962-5555. If you believe someone may be in crisis and in need of immediate assistance, contact Public Safety.

If you live off campus, contact 911.

Important phone numbers:

- UST Counseling and Psychological Services 651 962-6780. Walk-in appointments available Mon – Fri, 8 – 11:30 AM & 1 – 4 PM.
- Crisis Connection 612 379-6363. Local crisis hotline staffed 24/7.
- Public Safety Emergency Line 651 962-5555.
- The National Suicide Prevention Lifeline 1 800 273-TALK (8255).

You are not alone. There are people who care.

This Document is not considered a Timely Warning Notification under campus crime reporting requirements

Follow Public Safety on Twitter twitter.com/PublicSafetyUST
If you have information regarding crimes on campus you are urged to contact Public Safety at (651) 962-5100 and the police (651) 291-1111