



Thriving

- Doing and feeling well
- A good work-life balance

Resources:

- Get involved
 - Connection Groups
 - GSA
 - Institutional opportunities
- Develop & maintain relationships
- Seek therapy as needed
 - ComPsych
 - Student & Resident Behavioral Health Clinic

Striving but not thriving

- Stressed and overwhelmed
- Work-life balance is not good
- Feeling burnt out

Reach out to:

- **Kerri Corcoran** (information below)
- Speak with your mentor
- Graduate School
 - (414) 955-8218
 - **Angie Backus** (414) 405-8124
 - **Neil Hogg** (414) 955-4012
- Seek therapy
 - ComPsych
 - Student & Resident Behavioral Health Clinic

In-Crisis

- Immediate help
 - Acute crisis

Seek help immediately from one of these sources:

- **Kerri Corcoran**
- The Graduate School
 - **Angie Backus** (414) 405-8124
 - **Neil Hogg** (414) 955-4012
- Follow the steps on the diagram on the last page
- **National Suicide Prevention Hotline: 988**
- **The Trevor Project:** (888) 488-7386
- **Crisis Text Line:** Text START to 741741
- **Milwaukee 24-hour Domestic Violence Hotline** (414) 933-2722
- **Veterans Crisis Line** (866) 488-7386

MCW Staff (i.e., Kerri Corcoran, Angie Backus, & Neil Hogg) are available during normal business hours Monday through Friday from 8:00 am – 4:30 pm and by appointment. In case of an emergency, contact Public Safety or 911.

KERRI CORCORAN (414) 955-4219 | kcorcoran@mcw.edu

Kerri is a licensed therapist who provides students with a safe and secure space to talk about challenges. She works within emergent and ongoing situations to assess students' needs, provides referrals for students with ongoing mental health needs, and serves as a general, wellness resource navigator. In addition to these services. You can schedule a meeting with her here: <https://mcw.mywconline.com/>.

MCW STUDENT ASSISTANT PROGRAM (SAP) COMPSYCH GUIDANCERESOURCES

- 10 unbilled counseling sessions through ComPsych
- 10 unbilled sessions through Student and Resident Behavioral Health clinic
- Available 24 hours a day, 7 days a week
- Assistance with financial, legal, and school-life balance concerns
- To schedule all counseling services, including ComPsych and the Student & Resident Behavioral Health clinic, call (833) 927-1860.

STUDENT AND RESIDENT BEHAVIORAL HEALTH APPOINTMENT PROCESS

All new intakes and inquiries about services will go through our new Student Assistance Program, ComPsych. Please call (833) 927-1860. The intake coordinator there will guide you to the right resource for you. This may be one of their networks of psychotherapists across the state or through MCW's Student Behavioral Health services in the Department of Psychiatry in Milwaukee or one of the contracted local providers at our regional campuses. It means more choices for you and expanded benefits: 10 sessions per academic year at no charge to you.

MENTAL HEALTH VITALS: SELF ASSESSMENT TOOLS

The [Stress and Depression Questionnaire](#) is a valuable tool to help you connect with resources if you are struggling with depression or anxiety. It is completely anonymous, but at the same time interactive because a member of our clinic will respond if need be. The instructions at the site will explain further.

REMEMBER: PERMA

- **Positive Emotion**
 - How do you make room for things that feel good? This isn't some frivolous, feel-good meme. Positive emotions (including gratitude and awe, in addition to happiness) lead to increased life satisfaction by building resilience. In other words, happiness seems to lead to the development of skills and resources for positive life outcomes. We humans have to overcome the 'Negativity Bias'. The cost if we don't? Pessimism. And pessimism is a liability to your health.
- **Engagement**
 - Identify your strengths and engage them.
- **Relationships**
 - Put effort into your relationships. Isolation is an ailment. Loneliness and conversely, connectedness are contagious.
- **Meaning**
 - What do you value? What gives your life purpose? A pleasant life consists of a string of positive experiences and acquisitions. The happiness associated with this tends to be short-lived. A meaningful life has to do with self-expression, serving others and staying connected to your community. This type of life tends to result in longer lasting happiness and greater resilience. Spirituality sometimes fits under this heading and in very general terms this can be thought of as serving something greater than yourself. Caution, a meaningful life can be more stressful. But think of the profession you chose to go into. You knew it was going to be hard, but you have a sense that it is worth it. There is a time and place for learning how to relax/cope/slow down. But sometimes it is good to explore passion and purpose and intensity.
- **Achievement**
 - Identify your goals and cultivate the skills needed to reach them. Then celebrate your successes and feel your effectiveness. Learners in advanced studies in medicine or other healthcare fields are already high achievers. In fact, the danger among this crowd is developing the sense that you ARE your accomplishments – that your worth equates with your achievements. That's not what this pillar is about. This is about becoming your best and feeling effective. One of the key signs of burnout is a sense of ineffectiveness.

SELF-CARE

The Medical College of Wisconsin Student & Behavioral Health Center provides a variety of resources to assist students in their self-care journey & [well-being](#). Information includes:

- Sleep Resources
- Exercise Resources
- Nutrition Resources
- Relationship Resources

SILVERCLOUD FOR STUDENTS

[SilverCloud](#) is an online resource that offers programs for depression, anxiety, and stress. Each program consists of modules that you may complete at your own pace. You can access this program on your MCWConnect page.

MCW CONTACTS

- **Kerri Corcoran, Student Behavioral Health Resource Navigator:** (414) 955-4219 (8:00 am – 4:30 pm)
- **Dr. David Cipriano, Director, Student and Resident Behavioral Health:** (414) 955-8954, for urgent matters page (414) 314-5562.
- **MCW Public Safety:** (414) 955-8295 (24/7)
- **ComPsych:** (833) 927-1860 (24/7)
- **MCW School of Graduate Studies:** (414) 955-8348 (8:00 am – 4:30 pm)
- **Angie Backus:** (414) 955-5670 (8:00 am – 4:30 pm), for urgent matters call (414) 405-8124
- **Neil Hogg:** (414) 955-4012 (8:00 am – 4:30 pm)

ADDITIONAL CONTACTS

- **National Suicide Prevention Hotline:** 988 (24/7)
- **The Trevor Project:** (888) 488-7386 (24/7)
- **Crisis Text Line:** Text START to 741741 (24/7)
- **Milwaukee 24-hour Domestic Violence Hotline:** (414) 933-2722
- **Veterans Crisis Line:** (866) 488-7386 (24/7)

HOW CAN I HELP A FRIEND/PEER /STUDENT IN DISTRESS OR CRISIS? (MKE CAMPUS)

IS THE STUDENT EXPERIENCING SUICIDAL THOUGHTS?

"I am here to listen and help."
 "Are you thinking about suicide?"
 "Are you thinking about hurting yourself?"



"I am going to stay with you and make sure you connect with someone who can be of support."
 "Have you thought about how or when you would do it?"



DOES THE STUDENT REPORT A PLAN FOR SUICIDE?



MILD RISK

THE STUDENT IS IN DISTRESS, BUT NOT REPORTING SUICIDAL THOUGHTS OR PLAN AND INTENT. CHOOSE ANY OF THE LISTED REOURCES.

MODERATE RISK

THE STUDENT IS REPORTING SUICIDAL THOUGHTS WITH A VAGUE PLAN OR THERE IS UNCERTAINTY IF THE STUDENT HAS A PLAN. STAY WITH THE STUDENT. CONNECT THEM WITH AN IMMEDIATE RESOURCE, EXAMPLES BELOW.

HIGH RISK

THE STUDENT IS REPORTING SUICIDAL THOUGHTS WITH A SPECIFIC PLAN. STAY WITH THE STUDENT AND CHOOSE FROM LIST BASED ON CURRENT LOCATION.

(On Campus) Call **414-955-8295** to utilize **MCW Public Safety** for assistance with escorting students to mental health services

(Off Campus) Call **414-955-7222**, The Milwaukee County Behavioral Health Division Crisis Line, available **24/7**

(Off Campus) Call **414-805-6700**, the **F&MCW Emergency Line**, request the Department of Psychiatry Clinician on call, Available **24/7**

(Off Campus) Call **911** and request **Crisis Intervention Team (CIT) Officer**, Available **24/7**

Encourage student to schedule a counseling visit by calling **(833) 927-1860**
Students get 10 unbilled visits per year

Student Health and Wellness Website:
<https://www.mcw.edu/education/academic-and-student-services/student-wellness>
 or email: **student_health@mcw.edu**

Utilize mental health crisis lines 24/7

- **1-800-273-8255** for National Suicide Prevention Line
- **1-866-488-7386** for LGBTQ Trevor Project Support Center
- **1-877-565-8860** for Trans Lifeline's Peer Support Hotline

Utilize the Wisconsin Crisis Text Line:
 Text **"HOPELINE"** to **741741**

Connect with Student Behavioral Health Resource Navigator, **Kerri Corcoran, 414-955-4219, kcorcoran@mcw.edu**

Use the **Concern Navigation Tool** on Infoscope to report concerns anonymously on EthicsPoint.

Additional Behavioral Health Locations:

- <https://findtreatment.samhsa.gov>
- psychologytoday.com/us

Connect with Student Behavioral Health Resource Navigator, **Kerri Corcoran, 414-955-4219, kcorcoran@mcw.edu** and/or **Dr. David Cipriano 414-314-5562**

Encourage student to schedule a counseling visit by calling **(833) 927-1860**
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REMINDER: NOTHING IN YOUR STUDENT HEALTH RECORD ENTERS YOUR ACADEMIC RECORD!

