

# Crisis Services

## **During Business Hours**

Counseling Services has a same-day crisis walk-in service that is designed to assist students who have identified that they are in crisis or have an urgent need to be seen. You can call 715-836-5521 to talk with a counselor on the phone or walk in and tell the front desk that you need to see the crisis counselor. After you complete the paperwork, a counselor will meet with you to do an assessment of the circumstances surrounding your crisis, identify and implement strategies for dealing with the crisis, and make recommendations as to how to proceed. A follow-up appointment may be scheduled. At times you may have a brief wait if the counselor is meeting with another student.

## **After Hours Resources**

Northwest Connections Mental Health Crisis Line - 1-888-552-6642

National Suicide Prevention Lifeline - 1-800-273-TALK

Crisis Text Line - Text Hello to 741741

\*Emergency Numbers

9-911 for emergency, if calling from on-campus

911 for emergency, if calling from off-campus