

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 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 call: **660.626.2424** or
online at: **atsu.edu/bhw**

If a counselor is not in or after hours

**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)

Jessica Jones, MS, CHES®, CHW Care Manager
660-626-2156

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

Behavioral Health Crisis Center (BHCC) with
Preferred Family Healthcare
902 E LaHarpe Kirksville, MO
660-626-0407 (8 am to 10 pm M-F)

Mark Twain Behavioral Health: 660.665.4612
(Business hours)

Contact Lori Haxton, VP Student Affairs:
(work) 660.626.2236 (cell) 660.349.9492

**After 5 p.m. or on
Saturday and Sunday**

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Mark Twain Behavioral Health:
800.356.5395 (After hours)

National Suicide and Crisis Lifeline:
Call or text: 988

Other helpful numbers:

Northeast Regional Emergency Room: 660.785.1300
Emergency: 911

ATSU
A.T. Still University