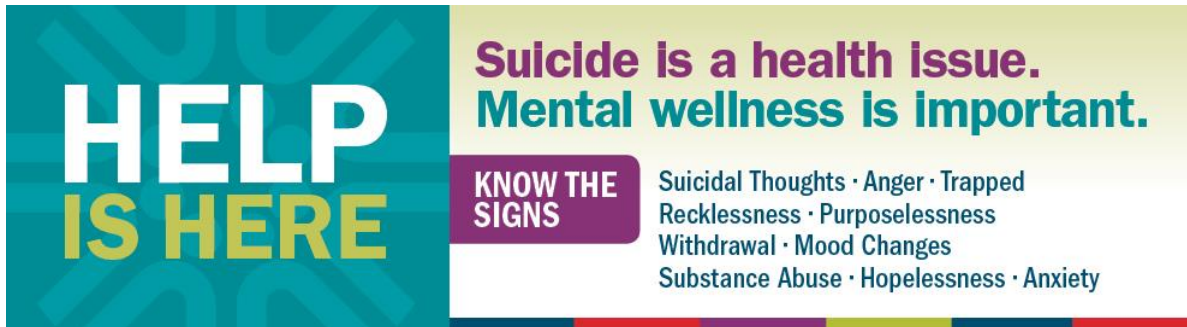


Name: _____

Help Is Here: Website Activity

Tri-C's "Help Is Here" website is full of helpful suicide prevention and mental health information and resources. Share with anyone! Only the Tri-C Student & Employee sections are specific to those currently working/enrolled at Tri-C. This activity will help you explore the site and become aware of its many resources.

***To complete this activity:** Go to www.tri-c.edu/helpishere OR to my Tri-C space > "Help Is Here" Card > click on Help Is Here logo.



Answer the following:

1. Down the right side of the homepage (www.tri-c.edu/helpishere) under "Get Help Now", what is the number to **call OR text** for the Suicide & Crisis Lifeline?
2. What are **TWO** warning signs of suicide found under "Suicide Prevention"?
3. The Mental Health Basics area offers helpful resources to explore for a variety of topics. Note a topic of interest **AND** a resource (website, book, etc.) you want to further explore:
4. There are many free, online mental health screenings available. Name **TWO** topics:
5. Under "Relaxation Tips", name **TWO** tips you'd like to try (specific topics under the categories):
6. Tri-C's Counseling Center provides free short-term counseling. What phone number do you call to make an appointment?
7. Regarding "Relationships", what is **ONE** sign of **BOTH** a healthy **AND** abusive relationship?
8. What is **ONE** helpful resource you found under "Substance Use & Addiction"?
9. What is **ONE** tip for "How to Help Myself" and "How to Help Others"?
10. Note **ONE** thing (if any) you would change/add to improve the Help Is Here website:
11. Note **ONE** thing (if any) you found most helpful about the Help Is Here website:

Thanks for your feedback! We hope you found this website helpful and share it!