

How to Handle a Crisis

Do they need medical attention?

Go to the Emergency Room or Call 911.

UP Health Systems Marquette
580 W. College Avenue
Marquette, MI 49855



STEP
01



Are they in danger?

Contact Public Safety and Police Services ANY time of day at : (906) 227-2151 or call 911

STEP
02

Do they need to talk to someone right now?

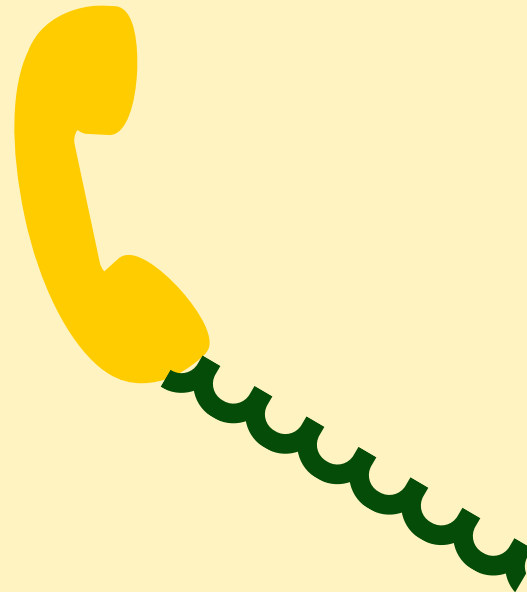
Dial HELP TEXT (906) 356-3337
Dial HELP CALL (906) 482-4357
Online CHAT www.dialhelp.com

See "Help in a Crisis" handout for more helplines.

Alert your Housing Staff.
RAs and RDs are here for you.
Find their contact info at nmu.edu/housing/residentdirectors or just knock on their door.



STEP
03



Do they need to see a counselor?

Counseling and Consultation Services offers free and confidential counseling for all students. Emotional Crisis appointments are available every day.

(906) 227-2980
3405 C.B. Hedgcock

STEP
04

Follow Up: Be a good friend.

Listen when they need to talk.

Encourage them to get help, and take care of themselves.

STEP
05

