# Student Mental Health Resources

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

## Striving but not thriving
- Stressed and overwhelmed
- Work-life balance is not good
- Feeling burnt out

## 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

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**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/](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)
IS THE STUDENT EXPERIENCING SUICIDAL THOUGHTS?

- **YES** (High Risk)
  - The student is reporting suicidal thoughts with a specific plan. Stay with the student and choose from the list below based on the current location.
  - **UNSURE/VAGUELY**
    - Yes
    - No
    - Unsure

- **MILD RISK**
  - The student is in distress but not reporting suicidal thoughts or plan and intent. Choose any of the listed resources.

- **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.

DOES THE STUDENT REPORT A PLAN FOR SUICIDE?

- **YES**
  - MILD RISK
  - MODERATE RISK
  - HIGH RISK

- **NO**
  - MILD RISK
  - MODERATE RISK

**REMINDER:** NOTHING IN YOUR STUDENT HEALTH RECORD ENTERS YOUR ACADEMIC RECORD!