



DEPARTMENT OF WELLNESS

MISSION

To enhance the quality of life of our students, staff and faculty through improved physical and mental development that leads to a healthy and rewarding life.

SERVICES

• Wellness Center

- Blood Pressure Screenings
- Weight Room Orientations
- Fitness Assessments
- Wellness Coaching
- Weight Management
- Fitness Classes
- Mindfulness Meditation

• Reboot Center

- Counseling Center
- Cooking Demonstrations
- Educational Lunch-N-Learn
- Pete's Pet Posse - Tulsa

• Choose Orange

- Intramural Sports
- ComPsych
- Innovator Program
- Certified Healthy Departments

AMERICA'S HEALTHIEST CAMPUS®

As America's Healthiest Campus®, Oklahoma State University thrives within a culture of wellness.

We are LIVING America's Healthiest Campus®, every day.

Wellness is so much more than diet and exercise. Wellness is who we are - a lifestyle. It is about being active and engaged. It is being the best we can be - the most successful, the most empowered, the most creative, the most confident, the most happy.

Wellness is not simply about Body Mass Index, but is about choices, moderation and most importantly, about the harmony of our different dimensions of wellness - physical, emotional, social, professional and spiritual. Each area affects the others and we cannot be perfect in all areas, all the time.

OSU is empowering our employees, students and communities in which we live, learn, work and play to be well. This includes all 5 of our campuses, A&M's and our 77 county extension service offices, with the goal of improving the health of all Oklahomans.

This requires a true culture of wellness, synergizing all levels of change - personal, interpersonal, organizational and environmental through wellness programs, services, resources and research.



DIMENSIONS OF WELLNESS

PHYSICAL

- ACTIVE LIVING
- ADEQUATE REST
- HYDRATION
- INJURY-FREE
- NUTRITION
- PREVENTIVE & CLINICAL CARE
- TOBACCO-FREE

SPIRITUAL

- FAITH
- MINDFULNESS
- SENSE OF PURPOSE/ HOPE/OPTIMISM
- VALUES
- GRATITUDE
- JOY

EMOTIONAL

- MENTAL HEALTH & WELL-BEING
- SELF-COMPASSION
- RESILIENCE
- STRESS MANAGEMENT
- CONFIDENCE/ SELF-ADMIRATION

PROFESSIONAL

- LIFELONG LEARNING
- LEADERSHIP DEVELOPMENT
- FINANCIAL WISDOM
- CREATIVITY
- CAREER DEVELOPMENT

SOCIAL

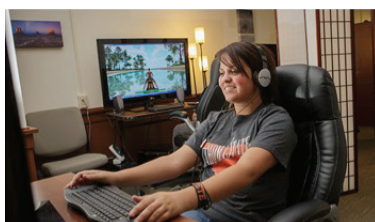
- ENGAGEMENT
- ALCOHOL-SMART
- LEISURE/ARTS
- DRUG-FREE
- VIOLENCE-FREE
- SEXUAL HEALTH
- RELATIONSHIPS



PHYSICAL: A state of physical well-being is not just the absence of disease. It includes lifestyle behavior choices to ensure health, avoid preventable diseases and conditions and to live in a balanced state of body, mind and spirit.



SPIRITUAL: Spiritual well-being is about our inner life and its relationship with the wider world. It includes our relationship with the environment, our relationships with others and with ourselves. Spiritual well-being does not just reflect religious belief although for people of a religious faith it is obviously a central feature. Each person's spirituality is greatly impacted by the community they are a part of and their relationships. To be spiritually well will mean a positive engagement with others, self and our environment.



EMOTIONAL: Emotional well-being enables an individual to be able to function positively in society and meet the demands of everyday life. People in good mental health have the ability to recover effectively from illness, change or misfortune. Everyday emotional well-being also involves identifying, building upon and operating from your strengths rather than focusing on fixing problems or weaknesses. The better you are able to master your emotions, the greater your capacity to enjoy life, cope with stress and focus on important personal priorities.



PROFESSIONAL: You work and live in congruence with your values, strengths and talents. You are actualizing your potential and pursuing meaningful goals. You are developing or refining new skills and abilities to keep pace with the demands and opportunities at hand. Your career is on track or at least aligned with your aspirations. As a leader you are effective, inspiring and respected for your contributions. You know how to coach others to bring them to their potential. You have a vision for what's next and a plan to get there (for yourself, your team and the work at hand). When work and life throws challenges at you, you are able to tackle them and know how to recover to maintain resilience.



SOCIAL: Social well-being refers to our ability to interact successfully within a community and throughout a variety of cultural contexts and while showing respect for yourself and others. It encompasses our interpersonal relationships, social support networks and community engagement. As a member of a community, we may develop satisfying relationships, a capacity for intimacy, an understanding of self in relation to others and a sense of belonging. To achieve social well-being, we can acquire the skills to communicate effectively, resolve conflicts, transcend differences and provide leadership in community. Social well-being is interwoven into other dimensions of well-being through the emphasis on orienting the individual within a community context.

CONTACT INFORMATION

JESSE CHAFFIN
 Health and Wellness Manager
 918-561-1428
 jesse.chaffin@okstate.edu
 www.healthsciences.okstate.edu



DEPARTMENT OF Wellness

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Wellness Center

WELLNESS CENTER

Phone: 918-561-8272

Email: chs.wellness@okstate.edu

JESSE CHAFFIN

Phone: 918-561-1428

Email: jesse.chaffin@okstate.edu

Hours of Operation

Monday - Sunday

5:00 a.m. - Midnight

Membership Fees

- **OSU Student:** Free
- **OSU Resident/Fellow:** Free
- **OSU Staff/Faculty:** Free
- **OSU Alumni:** \$30/ Semester
- **OSU Spouse:** \$30/ Semester
- **Locker Rental:** \$15/Semester

Sign Up Today

All **OSU students, residents, fellows, staff, and faculty** can use the Wellness Center **free of charge**. To activate your membership, contact Jesse Chaffin and fill out an enrollment form. Upon completion, your membership will be activated.

Services

- Fitness Assessments
- Weight Room Orientations
- Blood Pressure Screening
- Health Coaching
- Intramural Sports
- Much More



OKLAHOMA STATE UNIVERSITY – CHS Wellness Center Enrollment Form

First Name: _____ Last Name: _____

Birth date: _____ M/F: _____ Date: _____

Semester Enrolled: _____ CWID: _____

ID 16-Digit Number _____

Email address: _____

Address: _____

City: _____ State: _____ Zip: _____

Home phone: _____ Cell phone: _____

Emergency contact: _____ Phone: _____

Would you like to have a fitness assessment? _____

Would you like to participate in an equipment orientation session? _____

Wellness Center Informed Consent Form

Potential Benefits: The potential benefits of regular exercise are well documented and can be summarized to include the following: helps control weight, helps you relax, improves physical work capacity, reduces the risk of heart disease, helps you feel better, and helps you live longer.

Potential Risks: The potential risks associated with exercise include exhaustion, fatigue, fainting, discomfort, pain, high blood pressure, high heart rate, high respiration rates, and on rare occasions, heart attack, stroke, or death. The occurrence/nonoccurrence of these events depends largely on the exerciser's ability to recognize his/her own signs/symptoms and take the appropriate action; for example reducing intensity of exercise or resting.

Accessibility: If you have any special needs, please contact the Wellness Center at 918-561-8272 or **Jesse Chaffin** at 918-561-1428.

Consent by Subject or Legal Guardian: I have read the foregoing, I understand it, and any questions, which may have occurred to me, have been answered to my satisfaction. I am in good health and do not have any medical condition that could be aggravated by participating at the Wellness Center, nor would a physician advise me not to participate in activities at the Wellness Center.

The Wellness Center staff has a responsibility to maintain certain decorum in the Wellness Center. As a client of the Wellness Center, you will be expected to not use vulgar language, to only use the equipment in its intended manner or manner recommended by the staff, and to allow your fellow exercisers their opportunity to use the equipment. The Wellness Center also reserves the right to demand that any client cease certain behaviors and/or leave the premises.

I acknowledge that I have read the complete consent form, and fully understand the benefits, and risks associated with using the wellness center (yes/no): _____

Physical Activity Readiness Questionnaire (PAR-Q) and You

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming more physically active.

If you are planning to become more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly:

Yes	No	
___	___	Has your doctor ever said that you have a heart condition <u>and</u> that you should only do physical activity recommended by a doctor?
___	___	Do you feel pain in your chest when you do physical activity?
___	___	In the past month, have you had chest pain when you were not doing physical activity?
___	___	Do you lose your balance because of dizziness or do you ever lose consciousness?
___	___	Do you have a bone or joint problem that could be made worse by a change in your physical activity?
___	___	Is your doctor currently prescribing drugs (for example, water pills) for you blood pressure or heart condition?
___	___	Do you know of <u>any other reason</u> you should not do physical activity?

If you answered:	YES to one or more questions
	<p>Talk to your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.</p> <ul style="list-style-type: none"> You may be able to do any activity you want – as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice. Find out which community programs are safe and helpful for you.
	NO to all questions
<p>If you answered NO honestly to <u>all</u> PAR-Q questions, you can be reasonably sure that you can:</p> <ul style="list-style-type: none"> Start becoming much more physically active – begin slowly and build up gradually. This is the safest and easiest way to go. Take part in a fitness appraisal – this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. 	<p>Delay becoming much more active:</p> <ul style="list-style-type: none"> If you are not feeling well because of a temporary illness such as a cold or a fever – wait until you feel better; or If you are or may be pregnant – talk to your doctor before you start becoming more active.
	<p>Please note: If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.</p>

Personal problems are a part of life. Most of the time we're able to cope with problems on our own. Sometimes, however, personal problems can overwhelm us. When this happens, professional assistance is needed.

That assistance is available to you through the **CommunityCare Employee Assistance Program (EAP)**. Your EAP provides confidential assessment and referral for you and your family, whether the problem is related to family, marital, relationships, separation, divorce, drugs, alcohol, mental, emotional, financial or any other area causing concern.

EAP Philosophy

An Employee Assistance Program is specifically designed to assist employees and their dependents in the identification and resolution of personal problems or concerns that may have a negative impact on their personal or professional lives. CommunityCare EAP is a program of voluntary self-help available to employees and their immediate dependents. The decision to seek confidential assistance rests solely with the employee or their dependent. The EAP provides assessment and/or referral-brief solution-based counseling.

How the EAP Works

The First Step. To use the EAP, simply call the local or toll-free telephone number to arrange for the free initial assessment interview. Business hours are 8 a.m.-5 p.m. weekdays. (For emergencies, an EAP specialist is available 24 hours a day, 7 days a week.)

Free Initial Assessment. There is no charge for the EAP assessment interview. At this first interview, you will describe your problem(s) in detail to a trained EAP specialist. This interview will be conducted either in person or over the telephone.

An EAP counselor will conduct an interview for the purpose of assessing the issues that brought you to the EAP. Based on the information gathered during your session, the EAP counselor may refer you to outside resources for ongoing therapy. Most companies have a 1 to 3 session model that allows for assessment referral or brief solution-based counseling within that model.

EAP assessments are not limited. You may seek assistance whenever necessary.

Some people believe that asking for help is distasteful or a sign of weakness. This attitude can threaten families' financial security, happiness and lives.

Contact Us

If you think you need help, information or want to talk to a counselor, contact us:

CommunityCare EAP

Williams Center Tower II
Two West Second Street
Plaza Level
Tulsa, OK 74103

In Tulsa:
918-594-5232

Toll Free Outside Tulsa:
800-221-3976

Visit our Web site:
www.ccok.com/EAP

CommunityCare complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-777-4890.

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-800-777-4890.

TDD NUMBER: 918-744-3330

Equal Opportunity Employer



providing
shelter
from
life's
storms



Referral to the Program

Self-Referral. Any employee or immediate family member can arrange a private appointment to discuss any type of personal problem or problems that may be too much to handle alone.

Management Referral. Managers or supervisors can assist any employee in arranging a private interview when there has been a noticeable decline in work performance not corrected by normal company procedures.

Confidentiality

Participation with the Employee Assistance Program is confidential and protected under federal and state laws. All EAP counselors are Master's level licensed by the State of Oklahoma. Any release of confidential information must fall under the rules and regulations for the State of Oklahoma, EAP policy or a client's signed written release allowing the EAP to release any information.

Distress Signals

Watch for these distress signals if you suspect a problem with a family member or coworker:

Marriage and Family Relationships

- A feeling of loneliness or isolation when sharing and togetherness no longer exist.
- Broken lines of communication leading to nothing to talk about and silence instead of conversation.
- The family seems like strangers under the same roof.
- Unhappiness, depression, gloominess.
- Financial difficulties, such as not being able to stick to a budget or buying too much on credit.
- Concern about sexual problems and confusion and unhappiness about feelings.
- Frequent anger and frustration with the children.
- Missing work because of family quarrels and problems.
- Conflicts over religious, social and other issues involving self or family.
- Preoccupation with time and events outside the family circle.

Emotional Illness

- Change of appetite leading to weight loss or gain.
- Compulsive or erratic actions.
- Constant tiredness or extreme fatigue.
- Wide mood changes.
- Continued depression.
- Exaggerated fear or great anxiety.
- Inability to sleep or sleeping too much.
- Negative feelings toward oneself and/or others.
- Extreme frustration and anger.

Drug Abuse

- Changes in attendance at work or school.
- Changes in normal capabilities, work habits or efficiency.
- Confused thinking.
- Stupor or dullness.
- Sudden aggressive behavior.
- Poor physical appearance, such as inattention to dress or personal hygiene.
- Compulsive but purposeless activity.
- Very erratic judgment.

Alcoholism

- Increase in tolerance to alcohol: "I can drink them all under the table."
- Occasional or partial memory lapses: "Did I really do that last night?"
- Sneaks drinks: "I really needed that extra one. Besides, who's to know?"
- Drinking beyond one's intentions: "I only intended to have one drink, but I wound up smashed."
- Increased dependence on alcohol: "Man, I can't wait to get to the bar and chug a cold one."
- Preoccupation with alcohol: "Election day is tomorrow. I better pick up a bottle."
- Resentful when one's drinking is discussed: "It's none of their business! I can handle it."
- Futile, frustrating attempts to change: "This time I've got to quit."
- Rationalizing or denying that a problem may exist: "If they had my problems, they'd drink, too."

Financial Problems

- Always spending more than you make.
- Using credit cards to pay normal monthly bills.
- Unable to manage a home budget.
- Fear of bill collectors calling you at home or at work.
- Fear of garnishment or garnishment has taken place.

Why People Hide Their Problems

- Social stigma connected with alcoholism, drug or mental health problems.
- Denial syndrome with an elaborate set of rationalizations, including such self-descriptions as: "I can't be that bad off, I still have a job."
- Procrastination syndrome that operates on this theory: "I'll snap out of it soon. Everyone has ups and downs."
- Fear of what other people will think or say.
- Misconceptions, such as the mistaken belief that people with serious problems are weak-willed.
- Fear of not being accepted.
- Fear of not being normal.

Get in Touch With Your EAP for Problems Related to:

- | | |
|-----------------------|------------------------------------|
| 1. Family | 11. Mental or Emotional |
| 2. Marital Conflict | 12. Financial Management |
| 3. Relationships | 13. Physical Health |
| 4. Parenting | 14. Sexual Harassment |
| 5. Separation/Divorce | 15. Retirement |
| 6. Alcohol Use | 16. Eating Problems |
| 7. Drugs | 17. Housing |
| 8. Job Stress | 18. Educational |
| 9. Vocational | 19. Domestic Violence |
| 10. Grief and Loss | 20. Any other area causing concern |

OSU CHS EMPLOYEE MEMBERSHIP RATES

CATEGORY	JOINING DUES	OSU CHS MONTHLY PAYS	EMPLOYEE MONTHLY PAYS
Youth (12-18)	\$0.00	\$0.00	\$22.00
Young Adult (19-23)	\$60.00	\$15.00	\$15.00
Adult (24-64)	\$60.00	\$15.00	\$22.25
Senior Adult (65+)	\$60.00	\$15.00	\$18.25
Dual (2 adults 19-64)	\$60.00	\$25.00	\$30.50
Senior Dual (2 adults must have at least 1 person residing in household 65+)	\$60.00	\$25.00	\$23.75
Single-Parent Household	\$60.00	\$25.00	\$18.75
Senior Household (Must have at least one person re- siding in household aged 65+)	\$60.00	\$25.00	\$28.00
Household (2 adults plus children under 24)	\$60.00	\$25.00	\$34.75

RATES EFFECTIVE 11/30/2018

ATTENTION: According to federal law, the dollar amount of the OSU subsidy is considered taxable income, and will be reported to payroll as such.

YMCA DISCOUNT

FOR OSUMC EMPLOYEES

Discounted monthly rates!
No fee to join!

- **You must show your OSUMC ID badge when you join.**
- You may use any YMCA in Oklahoma but to qualify for the discounted rate you must choose a greater Tulsa area YMCA as your home branch when you join.
- *Payroll deduction is not available for the YMCA program.*

Category	Monthly
Youth 12-18	\$17.60
Young Adult 19-23	\$33.60
Adult 24-64	\$38.20
Senior Adult 65+	\$34.00
Dual (2 Adults 19-64)	\$57.00
Senior Dual (2 Adults with at least 1 senior adult 65+ in the household)	\$50.40
Single Parent	\$45.60
Senior Household (Must have at least one person residing in household aged 65+)	\$54.40
Household (2 Adults plus children under 24)	\$61.60

Visit: www.ymcatulsa.org for facility guidelines, class schedules and more information.

TULSA AREA YMCA LOCATIONS

Downtown YMCA
418 S Main St
Tulsa OK 74103
918-583-9622

South Neighborhood YMCA
10031 S. Yale Ave., Suite 105
(101st & Yale)
Tulsa, OK 74137
(918) 518-5940

Westside YMCA
5400 S. Olympia Ave.
Tulsa, OK 74107
(918) 446-1424

W.L. Hutcherson Family YMCA
1120 E. Pine St.
Tulsa, OK 74106
(918) 382-9622

Thornton Family YMCA
5002 S. Fulton Ave.
Tulsa, OK 74135
(918) 280-9622

Owasso Family YMCA
8300 N. Owasso Expy.
Owasso, OK 74055
(918) 272-9622

R.C. Dickenson Family YMCA
8501 S. Garnett Rd.
Broken Arrow, OK 74012
(918) 872-9622

Daily Family YMCA
7910 E. 134th St. South
Bixby, OK 74008
(918) 369-9622

YMCA Metro Offices
420 South Main Street
Tulsa, OK 74103
(918) 728-3900

Behavioral Health Resources, June 2019

GuidanceResources

- OSU-CHS offers confidential counselors with the Student Assistance Program (SAP) through GuidanceResources. **All OSU-CHS students and residents** have access **24/7** to talk with a counselor who will listen to your concerns and can guide you to the appropriate services you require. Counselors are available to provide “in-the-moment” support by calling **866-519-8354**.
- If talking with the counselor leads to a referral for counseling, you are entitled to **10 free counseling sessions** arranged with a local provider. **Telephone counseling is also available by appointment.**
- At the time of your call to GuidanceResources, the counselor will conduct an assessment and then provide referral information to you in one of several ways.
 - In routine situations, you can expect to receive a call back from the counselor within approximately a day or so after your initial call, who will provide the name of a local counselor who is available to see you for an appointment. We have been advised that once you contact the local provider, you should be able to be seen within approximately 3-5 days.
 - If an urgent appointment is needed, you will be contacted as soon as a provider is located; depending on the time of the initial call, it may be the next day before you receive the provider’s information.
 - In crisis situations, the counselor will assess your needs and make a determination about the next level of assistance needed.
- GuidanceResources also has information online on a range of topics (e.g., relationships, wellness, lifestyle, financial, etc.), which can found at www.guidanceresources.com. **You can also call 866-519-8354 to speak with a counselor** to inquire about various topics.
- To access for the first time, click the link for REGISTER, enter **OKSTATESAP** as your Web ID, and then create your user ID and password.

OSU CHS Well-being Clinic

- Dr. Kelly Dunn, Clinical Assistant Professor of Psychiatry, is available to see students and residents. Visits are at no-cost. Services may include one-on-one *confidential* consultations for coaching, counseling, and psychiatric care on campus. Appointments can be made at <http://drdunn.as.me> This service can also connect you to providers outside of OSU. For more information, contact Dr. Dunn at Kelly.dunn@okstate.edu
- Spectrum of Services include
 - Behavioral Medicine (treatment oriented, medication & psychotherapy available, depression, excessive anxiety, PTSD, substance abuse, eating disorders, free, and paper charts)
 - Coaching & Advisement (coach/advisor, health coach, burnout prevention, someone to talk to, critical incident stress debriefing, major life event support, peer support)
 - Consultation Services (program centered well-being initiatives, educational resources for lectures and/or workshops)

Residents that are also OSUMC employees can also seek assistance through the Community Care Employee Assistance Program.

OSU-Tulsa Counseling Clinic

- The OSU-Tulsa Counseling Clinic is available to see students and residents for 5 free counseling sessions. Additional sessions are \$10/per session. Appointments can be set by calling **918-594-8568**. The OSU-Tulsa Counseling Clinic is located on the OSU-Tulsa campus at 700 N. Greenwood, in Main Hall room 2419.

COPES: In the Tulsa community, crisis intervention is available through COPES (Community Outreach Psychiatric Emergency Services) of Family and Children’s Services. COPES is confidential and free for persons in Tulsa County. For immediate help, call **918-744-4800**. For more information, see <https://www.fcsok.org/services/crisis-services/>

Suicide Prevention Hotline: 1-800-273-8255 For more information, see <https://suicidepreventionlifeline.org/>

Please contact Dr. Vivian Stevens, Dept. of Psychiatry and Behavioral Sciences, 918-561-8470, Room A-245, or Dr. Kelly Dunn if you have questions. Please see this link for more information about campus resources:

<https://health.okstate.edu/centernet/behavioral-health.html>

Listing of Community Resources

Behavioral Health

Counseling & Recovery Services of OK	918-394-2256
Family and Children's Services	918-587-9471
Daybreak Family Services	918-514-4029
Parkside	918-588-8888
CREOKS Mental Health Services	918-382-7300
COPEs	918-744-4800
Tulsa Center for Behavioral Health	918-293-2140
Laureate Psychiatric Hospital	918-481-4000
Shadow Mountain Behavioral Health/hospital	918-492-8200
Brookhaven Hospital	918-438-4256
Mental Health Association	918-585-1213
OU Schusterman Center for Psychiatry Clinic	918-619-4400
Tristesse Grief Center	918-587-1200
NAMI	918-587-6264
Suicide Hotline (Tulsa)	918-836-4357
Suicide Hotline (statewide)	1-800-522-9054
Suicide Hotline (Lawton)	580-355-7575
Suicide Hotline (OKC)	405-848-2273
Suicide Hotline (Ponca City)	580-765-5551

Substance Abuse

Reach Out Hotline	1-800-662-4357
Alcoholics Anonymous	918-627-2224
Al-Anon	918-627-9114
Narcotics Anonymous	918-747-0017
12 & 12	918-664-4224
Tulsa Women's and Children Center	918-430-0975
Norman Treatment Center	405-573-6624
The Oaks Rehabilitative Services Center	918-421-3500
Eagle Ridge Treatment Center	918-485-3554
New Hope of Magnum	580-782-3337
New Hope of Sayre	580-928-3200
Muskogee Monarch	918-682-7210
HOW Foundation	918-252-5739
Palmer Drug Abuse	918-832-7763

The Lifeline
is **FREE**,
confidential, and
always available.

HELP
a loved one,
a friend,
or yourself.

Community crisis centers
answer Lifeline calls.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
www.samhsa.gov

Printed 2005 • Reprinted 2011
CMHS-SVP-0126

NATIONAL
SUICIDE
PREVENTION
LIFELINETM
1-800-273-TALK (8255)

suicidepreventionlifeline.org

**Learn the
Warning
Signs.**

Suicide Warning Signs

These signs may mean someone is at risk for suicide. Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss, or change.

- ❖ Talking about wanting to die or to kill oneself.
- ❖ Looking for a way to kill oneself, such as searching online or buying a gun.
- ❖ Talking about feeling hopeless or having no reason to live.
- ❖ Talking about feeling trapped or in unbearable pain.
- ❖ Talking about being a burden to others.
- ❖ Increasing the use of alcohol or drugs.
- ❖ Acting anxious or agitated; behaving recklessly.
- ❖ Sleeping too little or too much.
- ❖ Withdrawing or feeling isolated.
- ❖ Showing rage or talking about seeking revenge.
- ❖ Displaying extreme mood swings.

Suicide Is Preventable.

Call the Lifeline at 1-800-273-TALK (8255).

With Help Comes Hope