

## MESSAGE TO THE USC STUDENT COMMUNITY

Sept. 9, 2019

### FROM:

Winston Crisp, Vice President for Student Affairs

Sarah Van Orman, Chief Health Officer, USC Student Health

### RE: **Mental Health Support and Awareness**

Over the past days, many in our community have experienced much sadness and are grieving the loss of friends and classmates. If you're hurting for any reason, we want to meet with you. Please know that no one has to struggle alone; we are here for you. Reaching out for support shows a person's tremendous strength and courage.

Today also marks the beginning of National Suicide Prevention Week. This is an important time to remember those affected by suicide, raise awareness, and offer hope.

We want to ask our entire community to take part in these efforts through understanding the issues concerning suicide and mental health. While suicide impacts far too many people, evidence shows that taking steps such as providing support services, talking about suicide, reducing access to means of self-harm, and following up with loved ones works. We know that there are many stories of hope and healing in our Trojan family.

Over the coming weeks, you will hear more about the [#BeThe1To](#) campaign, 5 steps anyone can take to help someone in crisis:

**Ask • Keep Them Safe • Be There • Help Them Connect • Follow Up**



## # BeThe1To

If you think someone might be considering suicide, be the one to help them by taking these 5 steps:

**ASK. KEEP THEM  
SAFE. BE THERE.  
HELP THEM CONNECT.  
FOLLOW UP.**



Find out why this can save a life at:

**[www.BeThe1To.com](http://www.BeThe1To.com)**

If you need services, call  
Counseling and Mental Health Services  
at USC Student Health at

**213-740-9355 (WELL)**

Help spread the word by downloading a [USC digital media kit](#) or the [one-sheet poster](#) to use in your department, club, or organization.

Plan to take part in the many mental health activities throughout the week (#BelongingHereUSC), including:

- **Trousdale Outreach and Awareness Activities** (Mon.-Thurs. 10 a.m.–2 p.m.), a collaborative effort between Counseling and Mental Health Services and Undergraduate Student Government to provide information, and an opportunity to connect.

- **Facebook Live on Positive Mental Health and Connectedness** (check the USC main Twitter and Facebook page for schedule and guests)

*Ongoing weekly programs this week will focus specifically on suicide prevention—*

- **“Let’s Talk”** drop-in opportunities, held on both campuses, that are facilitated discussions with clinical professionals.
- **“Well-being Wednesdays”** and **“Thriving Thursdays”** on the UPC campus, providing stress-reduction activities, opportunities to connect, and personal skills-building.
- Download the [UPC schedule](#) or the [HSC/Alhambra schedule](#) for these programs

**Campus workshops** are also available to our student communities to promote awareness and well-being, please [contact us to make requests and arrangements](#).

**If you are experiencing thoughts of self-harm or an urgent mental health matter, we want to see you. Walk-in to USC Student Health** (at either Engemann or Eric Cohen Student Health Centers) or connect to services through the 24/7 phone line ([213-740-9355/WELL](tel:213-740-9355)). The professional staff of USC Student Health Counseling and Mental Health Services is here on campus to support our student community.

Faculty and Staff can seek support from the Center for Work and Family Life at [213-821-0800](tel:213-821-0800).

The Office of Campus Support and Intervention empowers USC students, faculty and staff to take action when they are concerned about a fellow Trojan challenged with personal difficulties through Trojans Care 4 Trojans (TC4T). Submit concerns [online](#) or call [213-740-0411](tel:213-740-0411).

Together, we create a caring and supportive community where we all can thrive.