



## *Alcohol and Other Drug Policy*

To comply with the Drug Free Schools and Communities Act of 1989 (DFSCA) and subsequent amendments, students and employees of the University of Mount Union are informed that strictly enforced policies are in place which prohibit the possession, use, or distribution of any illicit drugs, including alcohol, on University property or as part of any University-sponsored activity, with the exception for of-age students to consume alcohol moderately as specified below. Students and employees are also subject to all applicable legal sanctions under local, state, and federal law for any offenses involving illicit drugs on University property or at University-sponsored activities.

The University of Mount Union affirms that illegal drug use is unlawful and harmful. The use of illegal drugs and alcohol abuse by students and employees could result in cognitive deficits, loss of productivity, and other health risks. These risks include an increased risk of accidents, which may result in death or permanent injury. Free, confidential counseling for alcohol and other drug misuse and abuse issues is available to students through the Office of Alcohol, Drug, and Wellness Education and Health Services. Other resources and referrals may include assessment, individual counseling, educational programs, materials, and referral and case management through community agencies, all of which might include a fee.

Students exhibiting signs of excessive alcohol consumption will be transported via Emergency Medical Services (EMS) at the student's expense for medical attention. Refusal to cooperate with EMS personnel may result in arrest by the Alliance Police Department in order to ensure the student's health and safety and/or a conduct complaint for disruptive behavior and/or failure to comply.

## *Parental/Guardian Notification*

The University of Mount Union is concerned about students who improperly use alcohol and other drugs and the effects such use may have on their health, academic success, interpersonal relationships, and, ultimately, their future.

Mount Union's alcohol policy expressly forbids possession and/or consumption of alcohol by students, employees, or guests who are under the minimum legal drinking age of 21 years. Possession of drug paraphernalia and the use, manufacture, sale, or distribution of illegal drugs, whether on or off campus, by any student is also prohibited. In accordance with the Family Educational Rights and Privacy Act (FERPA), the director of student conduct (or designee) reserves the right to notify the parents/guardians of students under 21 years of age of any incident in which the student is found responsible for violating the University Alcohol and Other Drug Policy. While the University may notify the parents/guardians of students under 21 years of age in any alcohol or drug violation, it is generally only done in cases where a student has been found to have violated the University's Alcohol or Other Drug Policy and are placed on university probation. See page 65 in the [Code of Student Conduct](#) for more information.

## *Alcohol Policy*

The following sections describe Mount Union's policy regarding the sale, service, distribution, and consumption of alcoholic beverages on university property or at university-sponsored events in accordance with federal, state, and local laws.

### *Basic Guidelines*

Students who are 21 years of age or older are permitted to possess and consume alcohol only in University housing per the parameters below. Alcohol may not be possessed,\* served or consumed in any public place on Mount Union's campus or at any athletic event. Students who are of legal drinking age may not share or provide alcohol to any students, employees, or guests who are under 21 years of age. Those under the minimum legal drinking age of 21 years are not permitted to possess or consume alcohol anywhere on University property or at University-sponsored events. Drinking games and simulated drinking games (e.g. water pong) are prohibited on campus.

Advertisements and promotional materials posted or distributed on campus may not make any direct or implied reference to or depict in any manner alcoholic beverages, alcoholic beverage company logos, or symbols, the consumption of alcoholic beverages, drugs, or drug paraphernalia or the use of illicit drugs. Exceptions to this policy may be made for advertisements for educational programs and events; however, these materials must be approved in advance by the associate dean of students or the director of alcohol, drug, and wellness education. No campus activity may be co-sponsored by a bar, liquor establishment, or other alcoholic beverage manufacturer or distributor. Alcohol may not be sold on the Mount Union Campus.

### *Residence Hall/University Owned Housing Alcohol Guidelines*

Persons who are 21 years of age or older may possess\* and consume alcoholic beverages in the residence halls, university apartments and campus houses according to the following standards:

- a. Students who are 21 or older may possess\* or consume alcoholic beverages in the privacy of their individual student rooms or university apartments. Room/apartment doors must be shut when consumption is occurring.
- b. An individual who is of legal drinking age may not consume alcohol in the presence of any one under the age of 21, with the exception of their roommate(s)/apartment mate(s).
- c. Alcohol may only be consumed in residence hall or campus house individual rooms. No one shall consume or possess\* open containers of any alcoholic beverage in any other area of the residence halls or campus houses (e.g., lounges, hallways, restrooms, laundry rooms, etc.). In townhouses and apartments, students are permitted to drink in their living rooms/kitchens provided no one present is under the age of 21.
- d. Kegs of beer, taps, beer balls, and beer funnels are not permitted in or on University of Mount Union property or on the property of organizations affiliated with the University. These items will be confiscated by University officials if discovered on campus.
- e. Drinking games or contests involving alcoholic beverages may not be played on University of Mount Union property.

\* PLEASE NOTE: The presence of alcohol may be interpreted as possession of alcohol. Students encountered in locations where alcohol is present may be considered to be in violation of the Alcohol Policy, even if they do not have alcohol on their person at the time they are encountered.

Examples of Violations of the University Alcohol Policy

- Purchasing alcohol by a person under the age of 21;
- Selling or providing alcohol to a person under the age of 21;
- Possessing either full or empty alcohol containers by a person under the age of 21;
- Consuming alcohol by a person under the age of 21;

- Showing physical or mental impairment following or resulting from alcohol use;
- Using or possessing common sources of alcohol including, but not limited to kegs, party balls, punch bowls, wine boxes, etc.;
- Participating in or being present during the occurrence of any drinking game;
- Possessing an open container of alcohol in a common area including, but not limited to bathrooms, hallways, lounges, elevators, lobbies or outdoor spaces;
- Driving under the influence of alcohol.

As stated in [Section 4 of the Code of Student Conduct](#), “failure to comply with the reasonable directives of university officials, campus safety and security officers, or law enforcement officers during the performance of their duties and/or failure to identify oneself to these persons when requested to do so”, is considered unacceptable behavior for a university student. An example of such behavior includes refusing to submit to a breath test when requested by a police officer, whether on or off-campus, which is considered a violation of the University Code of Student Conduct and may result in conduct sanctions.

Sanctions for alcohol violations are dependent upon a number of factors including, but not limited to: hearing officer discretion, the nature and severity of the incident, a student’s conduct history, and a student’s cooperation throughout the conduct process.

## *Illegal Drug Policy*

The following sections describe the University’s policy regarding the sale, manufacture, distribution, possession,\* and use of illegal drugs on or off University property or at University-sponsored events or programs in accordance with federal, state, and local laws. Examples of violations include:

- Misuse of over-the-counter drugs;
- Misuse or sharing of prescription drugs;
- Possessing, using, being under the influence of, distributing, or manufacturing any form of illegal drug;
- Possessing paraphernalia for intended or implied use of any form of illegal drug;
- Possessing paraphernalia that contains or appears to contain illegal drug residue;
- Purchasing or passing illegal drugs from one person to another;
- Using mail services to purchase, pass, or distribute illegal drugs.

Paraphernalia includes, but is not limited to, bongos, hookahs, water pipes, rolling papers, vapes/vaporizers, and rigs.

This policy provides flexibility for the University in addressing drug-related offenses which occur on- or off-campus. Moreover, it permits the University to address its fundamental mission of holistic education and the development of human potential. While recognizing that there is a need to address violations related to the use or possession of controlled substances, the University must address the education and well-being of all its students and employees. In addition to University imposed sanctions, students and employees are subject to all legal sanctions under federal, state, and local law for any offenses involving illegal drugs on University property or at University activities.

\* PLEASE NOTE: The presence of drugs may be interpreted as possession of drugs. Students encountered in locations where drugs are present may be considered to be in violation of the Drug Policy, even if they do not have drugs on their person at the time they are encountered.

## *Safe Harbor*

The University has a Safe Harbor option for students. The University believes that students who have a self-identified drug and/or addiction concern or problem deserve help. If any University student brings their own

use, addiction, or dependency to the attention of University officials outside the threat of drug tests or imposition of the conduct process and seeks assistance, a conduct complaint will not be pursued. A written action plan may be used to track cooperation with the Safe Harbor program by the student. Failure to follow the action plan will nullify the Safe Harbor protection and the campus conduct process will be initiated. Please see the [Code of Student Conduct Section C](#) for more information.

### *Alcohol and Other Drug Procedures for Student Organizations*

All student organizations must abide by the following guidelines:

1. All state, local, and University laws and policies concerning the use of alcohol and other drugs must be observed. In addition, all student organizations must abide by their governing bodies rules and regulations, as well as, policies set forth by their national organizations.
2. In order for alcoholic beverages to be allowed at a student organization event, organizations must comply with the Social Event Risk Management Policies. Compliance with these policies must be coordinated with the Office of Student Involvement & Leadership and approval must be given by this office before the event can occur.
3. If an off-campus activity includes the sale of alcoholic beverages, organizations will be required to use a licensed third-party vendor to manage this sale.
4. Promotional materials (including, but not limited to, advertisements in any form, t-shirts, cups, or any other item to be displayed, given away or sold before, during, or after an event) shall not make any direct or implied reference to or depict in any manner alcoholic beverages, alcoholic beverage company logos, or symbols, the consumption of alcoholic beverages, drugs or drug paraphernalia, or the use of illicit drugs.
5. No activity may be co-sponsored by a bar, liquor establishment, or other alcoholic beverage manufacturer or distributor. Advertisement for such establishments, manufacturers, or distributors may not occur at any activity.
6. No student organization shall allow alcoholic beverages or drugs to be present at its membership recruitment activities or initiation activities.
7. The officers of the student organization sponsoring the activity are responsible for enforcing the above guidelines and for the behavior of the guests at their events.
8. Drinking games or contests involving alcoholic beverages may not be played at any event sponsored by a University of Mount Union student organization.

### *Alcohol and Drug Policy Sanctions*

1. An individual involved in a violation of alcohol or other drug related policies will be referred for conduct action and may receive any of the sanctions outlined in the student conduct process. Please see [Section 8:N](#) in the Conduct Process for a full list of sanctions.
2. If a recognized student organization violates the alcohol or other drug policies, the group will be referred for conduct action. The following minimum sanctions will apply:
  - a. A two hundred dollar fine and a period of probation for a first offense. Possible conditions of this probation include, but are not limited to, restrictions of activities such as recruitment, sponsoring of social activities, or participation in campus events.
  - b. Subsequent offenses may result in suspension of the group from campus.
  - c. Other penalties may be assessed depending upon the nature of the violation.

### *State and Federal Laws Pertaining to Alcohol and Other Drugs*

Ohio law prohibits the purchase, consumption, or possession of alcoholic beverages by persons under 21 years of age, with a fine up to \$1,000 and/or six months imprisonment for the first offense. Possession or display of a fictitious operator's license is a first-degree misdemeanor. The offense includes mere possession of a fictitious license or display of someone else's valid operator's license. The maximum penalty for this offense is six

months imprisonment and/or a \$1,000 fine. If the fictitious operator's license is used to purchase alcohol or enter an establishment that serves alcohol the minimum fine is \$250.

A person who furnishes alcohol to an underage person is guilty of a first-degree misdemeanor. The maximum penalty associated with this offense is six months imprisonment and/or a \$1,000 fine. Therefore, a social host risks being fined and imprisoned. It is a minor misdemeanor to possess an open alcoholic container in public. A first conviction for driving under the influence of alcohol or drugs has a penalty of up to \$1,075 fine, forfeiture of driving privileges for six months, and a mandatory three days in jail and/or Driving Intervention Program.

Criminal penalties in Ohio for the illicit use of controlled substances ("drugs") vary with the type of drug and quantity. For example, possession of less than 100 grams of marijuana is a minor misdemeanor; possessing more than 201 grams is a felony. Possessing cocaine even in small amounts such as 5 grams is a felony.

Possession of drugs is illegal without valid authorization (i.e. a valid doctor's prescription). While penalties for possession are generally not as great as for manufacture and distribution of drugs, possession of a relatively large quantity may be considered distribution. Penalties for conviction of the sale or attempted distribution of drugs vary according to the amount and type of controlled substance in possession. Penalties can range between second degree misdemeanors and first-degree felony. For more information see the Ohio Revised Code 2929.13.

Under both state and federal laws, penalties for possession, manufacture, and distribution are much greater for second and subsequent convictions. Many of these laws dictate mandatory prison terms and require that the full minimum term be served.

In compliance with the Drug Free Schools Act, the University Mount Union does not allow the possession, use, or sale of marijuana or marijuana products, including but not limited to oils, edibles, etc. and, while Ohio has recently approved the use of medical marijuana, it is not permitted on campus.

Sale and possession of drug paraphernalia is illegal in Ohio. Drug paraphernalia can be classified as any equipment, product or material of any kind that is designed, intended or used for producing, processing, preparing, testing, analyzing, packaging, repackaging, storing, containing, concealing, injecting, ingesting, inhaling or otherwise introducing into the human body, a controlled substance in violation of Ohio drug law.

The exact legal wording can be found in the Ohio Revised Code, Sections 4301.63.2, 4301.63.3, 4301.63.4, 4301.69: <http://codes.ohio.gov/orc/4301>.

A student who is convicted of any offense under any Federal or State law involving the possession or sale of a controlled substance for conduct that occurred during a period of enrollment for which the student was receiving any federal grant, loan, or work assistance shall not be eligible to receive any federal grant loan or work assistance from the date of that conviction for the period of time specified in the following table:

If convicted of an offense involving the possession of a controlled substance the ineligibility period is:

|                |            |
|----------------|------------|
| First offense  | 1 year     |
| Second offense | 2 years    |
| Third offense  | Indefinite |

If convicted of an offense involving the sale of a controlled substance the ineligibility period is:

|                |             |
|----------------|-------------|
| First offense  | 2 years     |
| Second offense | Indefinite. |

A student whose eligibility has been suspended may resume eligibility before the end of the ineligibility period if:

1. The student satisfactorily completes a drug rehabilitation program that complies with criteria set by federal regulations and includes two unannounced drug tests.  
or
2. The student successfully passes two unannounced drug tests conducted by a drug rehabilitation program that complies with criteria set by federal regulations.  
or
3. The conviction is reversed, set aside, or otherwise rendered nugatory.

## *Information Regarding the Impact of Alcohol and Other Drug Use*

### *Alcohol*

Alcohol consumption causes several changes in behavior and physiology. Low doses significantly impair judgment, coordination, and abstract mental functioning. Statistics show that alcohol use is involved in most of violent behaviors on college campuses, including acquaintance rape, vandalism, fights, and incidents of drinking and driving. Continued abuse may lead to dependency, which often causes permanent damage to vital organs and deterioration of a healthy lifestyle.

Possible long-term effects: Bleeding from the intestinal tract, damage to nerves and the brain, psychotic behavior, loss of memory and coordination, damage to the liver often resulting in cirrhosis impotence, severe inflammation of the pancreas, and damage to the bone marrow, heart, testes, ovaries, and muscles.

### *Cannabis (Marijuana, Hashish)*

The use of marijuana may impair or reduce short-term memory and comprehension, alter sense of time, and reduce coordination and energy level. Users often have a lowered immune system and an increased risk of lung cancer. The active ingredient in marijuana, THC, is stored in the fatty tissues of the brain and reproductive system for a minimum of 28 – 30 days.

Possible long-term effects: Regular use can lead to physical dependence and withdrawal following discontinuation, as well as mental addiction or dependence.

### *Hallucinogens (Lysergic acid / LSD, mescaline, and psilocybin/ mushrooms)*

The use of Hallucinogens may cause illusions and hallucinations. The user may experience panic, confusion, suspicion, anxiety, and loss of control. Delayed effects, or flashbacks, can occur even when use has ceased. Phencyclidine (PCP) affects the section of the brain that controls the intellect and keeps instincts in check. Because the drug blocks pain receptors, violent PCP episodes may result in self-inflicted injuries.

Possible long-term effects: Respiratory depression, coma, convulsions, seizures, flashbacks, and death.

### *Cocaine/ Crack*

Cocaine users often have a stuffy, runny nose and may have a perforated nasal septum. The immediate effects of cocaine use include dilated pupils and elevated blood pressure, heart rate, respiratory rate, and body temperature, followed by depression. Crack, or freebase rock cocaine, is extremely addictive and can cause delirium, hallucinations, blurred vision, severe chest pains, muscle spasms, convulsions and even death.

Possible long-term effects: Agitation, hostility, panic, aggression, and suicidal or homicidal tendencies. Paranoia, sometimes accompanied by both auditory and visual hallucinations.

### *Amphetamines (Speed, Methamphetamine, and some diet pills)*

Amphetamine use can cause a rapid or irregular heartbeat, tremors, and loss of coordination, reduced appetite, irritability, panic and paranoia. Heavy users are prone to violence, and psychotic behavior.

Possible long-term effects: Agitation, hostility, panic, aggression, and suicidal or homicidal tendencies. Paranoia, sometimes accompanied by both auditory and visual hallucinations.

### *Opiates (Codeine, Heroin, Morphine, and other opioid pain relievers)*

Opiate use can cause the body to have diminished pain reactions, drowsiness, respiratory depression and arrest, nausea, confusion, constipation, and possibly coma or death.

Possible long-term effects: Restlessness, irritability, loss of appetite, nausea, tremors, drug craving, severe depression, vomiting, blood pressure, and chills alternating with increased heart rate, and flushing and excessive sweating.

### *MDMA (Ecstasy)*

Short term use of MDMA can cause increased tactile sensitivity, enhanced self-confidence, energy bursts feelings of peacefulness, acceptance and closeness with others, loss of inhibition, confusion, hallucinations, muscle tension, increased heart rate, increased blood pressure, increased body temperature, dehydration, involuntary teeth clenching, nausea, blurred vision, rapid eye movement, faintness, chills and sweating, impaired memory and learning. While long-term use of MDMA can lead to depression, sleep problems, liver & kidney damage drug cravings, severe anxiety, paranoia, permanently impaired memory and ability to learn.

Possible long-term effects: Agitation, hostility, panic, aggression, and suicidal or homicidal tendencies. Paranoia, sometimes accompanied by both auditory and visual hallucinations.

### *Anabolic Steroids*

Steroid users often experience hypertension, cholesterol changes, liver cysts and cancer, kidney cancer, hostility and aggression, acne, premature stoppage of growth and reproductive side effects for both sexes.

Possible long-term effects: High cholesterol levels, which may increase the risk of coronary artery disease, strokes, and heart attacks

The information above should not be used as a substitute for talking with a professional in the field of alcohol and drugs or for consulting a medical professional. Individual differences often influence the body's reaction to a drug and should always be considered. Although every effort is made to keep the information on these pages current, new findings are made frequently, so checking the latest research is recommended. The legal information provided is of a general nature and should not be used in place of speaking with an attorney if the case warrants.

\*Resources in this section were compiled by Kelleen Weber, Director, Alcohol, Drug, and Wellness Education  
Source: Drugs of Abuse: A DEA resource guide 2020 edition

## *Alcohol and Other Drug Treatment Options and Referrals*

### *On Campus*

Mount Union offers a comprehensive alcohol and other drug counseling and education program to all students. Self-referrals, supervisory, and departmental referrals and consultations are welcome.

Office of Alcohol, Drug and Wellness Education  
Hoover-Price Campus Center, 1972 Clark Ave., Alliance, Ohio  
(330) 829-6660 [adwe@mountunion.edu](mailto:adwe@mountunion.edu)

### *Stark County*

The following locations offer programs for those with alcohol or drug related concerns. These agencies can provide counseling, treatment, rehabilitation, re-entry and referral for Mount Union faculty, staff, and students.

#### *Treatment*

##### Coleman Behavioral Health

Alliance Office: 1410 W. State St., Alliance, OH 44601, (330) 823-6932  
Canton Office: 400 W. Tuscarawas St, Suite 200, Canton, OH, 44702, (330) 438-2400  
<http://www.colemanservices.org/>

##### CommQuest

Main Office: 625 Cleveland Ave NW, Canton, OH 44702, (330) 455-0374  
Alliance Office: 1207 West State St., Suite M, Alliance, OH 44601, (330) 821-8407  
Massillon Office (Driver Intervention Program): 1660 Nave Road SE, Massillon, OH 44646,  
(330) 834-1934 <http://www.commquest.org>

##### Child and Adolescent Behavioral Health

1207 West State Street, Suite G, Alliance, Ohio 44601, (330) 823-5335  
<https://www.childandadolescent.org>

##### Stark County TASC (Only for those with current legal involvement)

624 N. Market St. Canton, OH 44702, 330-479-1912  
[www.starktasc.org](http://www.starktasc.org)

##### Summit Psychological Associates

4450 Belden Village St. NW, Suite 701, Canton, OH 44718, 330-493-2554  
[www.summit-psychological.org](http://www.summit-psychological.org)

##### Crisis Intervention and Recovery Center of Stark County

2421 13th Street NW, Canton, OH 44708, (330) 452-6000 (hotline) toll free (800)956-6630  
<http://www.circstark.org/>

##### Glenbeigh

Intensive outpatient services and support for loved ones.  
4661 Belpar St. NW, Canton, OH 44718, (800) 234-1001  
[Canton@glenbeigh.com](mailto:Canton@glenbeigh.com)

##### Phoenix Rising Behavioral Health & Recovery of Alliance

Education, counseling, psychiatry and support for children, adolescents and adults.  
1218 W. State St., Alliance, OH 44601, (330) 493-4553

<http://www.phoenixrisingbhr.org/alliance/>

ReCOR Alliance Community Hospital

Sub-acute detoxification refers to detoxification services provided with twenty-four-hour medical monitoring. Crisis Hotline at 330-452-6000 or contact CommQuest Services 330-837-9411.

### *Support Groups*

Alcoholics Anonymous Intergroup Office

4125 Hills & Dales Rd. NW, Suite 400B Canton, OH 44708, (330) 491-1989 (24/7)

<http://www.aaincantonohio.org/>

Al-Anon, Ala-Teen

Schedule at 330-438-9511 or [www.al-anon.alateen.org](http://www.al-anon.alateen.org)

Narcotics Anonymous for Northeast Ohio

Call for meeting times and locations, (888) 438-4673

<http://www.naohio.org/> or <http://nabuckeye.org/>

BeSobr

Classes meet Friday: 7-8:30 p.m., Deliverance Christian Church, 2130 31st St. NW, Canton; 330-493-LIFE (5433) or [www.besobr.com](http://www.besobr.com)

Stings of Life classes meet Tuesday: 10:00 a.m.-8:30 p.m., Deliverance Christian Church, 2130 31st St. NW, Canton

Cocaine Anonymous

Schedule at 330-284-2344

Dual Recovery Anonymous

(for both chemical dependency and emotional illness)

Tuesday: 6:30 p.m., Crisis Intervention Recovery Center, 832 McKinley Ave. N, Canton; 330-455-6264.

[http://www.draonline.org/meetings\\_dra/usa/ohio.ht](http://www.draonline.org/meetings_dra/usa/ohio.ht)

Foundations, A Place for Education & Recovery

Peer Recovery support

800 Market Ave. N, Suite #1500A, Canton, OH 44702, 330-454-2888

[www.foundationscanton.org](http://www.foundationscanton.org)

Gam-Anon

For spouses and families of gamblers. Monday: 7:30-9 p.m.

First Friends Church, Room E115, 5455 Market Avenue North, Canton.

<https://www.gam-anon.org/>

Gamblers Anonymous

International Service Office

4981 Irwindale Avenue suite 700, Irwindale, CA 91706, (626) 960-3500

<http://www.gamblersanonymous.org/ga/>

Hope United

Faith-based aftercare & support groups for individuals and families suffering from addiction

P.O. Box 534, Uniontown, Ohio 44685

<https://www.hopeunited.life>

RU Recovery - Reformer's Unanimous Addictions Program

Friday: 7:00-9:00 p.m., Temple Baptist Church, 1212 Greensburg Rd, Uniontown, OH 44685; 234-281-4320

<https://rurecovery.com>

Sex Addicts Anonymous

Call 800-477-8191

<https://saa-recovery.org/>

Solace

Meets the 3rd Monday of each month at: Stark Park's Exploration Gateway, 5714 12th Street NW, Canton 6:30-8:00 p.m.

Contact Dale Batdorff at 330-323-7605 to confirm meetings and for more information.

### *Crisis Numbers*

If you or someone you know are in crisis, please immediately contact:

- Call 9-1-1 if emergency services are needed. If requesting law enforcement, you can ask for a CIT-trained officer
- Call (330) 452-6000, the Stark County Crisis Hotline anytime
- Text 4hope to 741 741, the Crisis Text Line anytime
- Call the Domestic Violence Help Line anytime at (330) 453-SAFE (7233)
- Trevor Lifeline for LGBTQ youth 866-488-7386
- Trans Lifeline at 877-565-8860 is available 18 hours a day
- Homeless Hotline at 330-452-4363 for all Stark County homeless housing requests
- Military & Veterans Crisis Line 800-273-8255, press 1 anytime
- Military & Veterans Crisis Text Line 838255 to get help now