Semester Credit Hours:	3 (Offered in 8 weeks)
Contact Hours:	48
Prerequisites:	Graduation from an accredited Associate Degree Nursing program. Admission to RN-BSN Program. Pre-requisites.
Corequisite (s):	None

Instructor
Daira Wilson PhD, RN, CNE

Office: Round Rock Campus 3305.07

Phone: Office 512-771-8203

Office Hours: Tuesdays and Wednesdays 0900-1200. Available to meet in Blackboard Collaborate, through email or text.

Email: dwilson2@austincc.edu

Course Description

Synthesis of previous knowledge and skills provide the foundation for development of the baccalaureate prepared nursing roles as a provider of patient centered care, patient safety advocate, member of the interdisciplinary team, and member of the profession. Discussion includes examination of historical aspects of healthcare and nursing as a profession, analysis of nursing theory, application of clinical judgment, legal and ethical standards, professionalism, teamwork, and collaboration.

Required Textbooks/Instructional Materials
    A. **Learning resources to include**:

Required Textbook:

- Kearney- Nunnery, R. (2020). Advancing your career: Concepts of

  Professional Nursing (7th ed.). Philadelphia, PA: F. A. Davis Company.

    B. Computer access and Internet connection. The ability to access and navigate the

Learning Management System Blackboard ®.

    C. Recommended (not required, also available online in open resources)

        a. Nursing: Scope and Standards of Practice (ANA, 2015)

        b. Principles of Nursing (ANA, 2012)

        c. ANA Code of Ethics (2015)

        d. Publication manual of the American Psychological Association (7th Ed.).

  Washington, DC: American Psychological Association. (***Highly***

  recommended)

Instructional Methodology
    A. Course Modules list learning activities, and may include interactive discussion, small group discussion, case-based scenarios, and synthesis of journal articles to a variety of health care settings. Additional activities may be within the Blackboard ® course site.
    B. Supplemental readings may come from evidence-based literature in the form of journal articles, editorials, and websites.

Student Technology Support
Austin Community College provides free, secure drive-up WiFi to students and employees in the parking lots of all campus locations. WiFi can be accessed seven days a week, 7 am to 11 pm.

Students who do not have the necessary technology to complete their ACC courses can request to borrow devices from Student Technology Services. Available devices include

iPads, webcams, headsets, calculators, etc. Students must be registered for a credit course, Adult Education, or Continuing Education course to be eligible.

Student Technology Services offers phone, live-chat, and email-based technical support for students and can provide support on topics such as password resets, accessing or using Blackboard, access to technology, etc.

Course Objectives
Upon completion of this course, the student will:

1. Integrate knowledge, skills, and abilities gained from personal experiential learning, prerequisite, and co-requisite courses in the program of study.
2. Investigate the history of healthcare and the development of nursing as a profession.
   (AACN: I.1, and VIII), (DEC: I.C.1.a.)
3. Analyze the roles of the baccalaureate prepared nurse:
   ● Provider of patient-centered care
   ● Patient safety advocate
   ● Member of the interdisciplinary team
   ● Member of the profession

   (AACN: II, IV, V, VI, VIII, & IX), (DEC: I, C, KN,5.a)

4. Examine nursing theory as a foundation for developing a personal nursing perspective and practice model. (AACN: III), (DEC: II.B. KN, 8)
5. Examine the decision-making processes required to provide nursing care for the individual, family, and community. (AACN: I, 7), (DEC: II, F. KN, 1)
6. Investigate theories and strategies of effective communication and collaboration. (AACN: II. 2) (DEC: I, KN. 6.d)
7. Demonstrate communication skills in professional presentations and written formats.
   (AACN: II. 2), (DEC: I, D. CJB, 1 & 3).
8. Analyze factors that create a culture of safety and patient-centered care.
   (AACN: II. 7), (DEC: II. E. CJB, 12.b)
9. Integrate professionalism, teamwork, and collaboration into a baccalaureate practice model.
   (AACN: VI), (DEC: I. KN, 7a & b)
10. Explore the future of nursing as a profession. (AACN: VIII), (DEC: I, D. KN, 3 & 4)
11. Develop the pursuit of practice excellence through integration of professional values of lifelong learning, professional engagement, and professional growth & development. (AACN: VIII), (DEC: I, D. KN, 3&4)

RN-to-BSN Program Student Learning Outcomes (PSLO)
Upon completion of the RN-to-BSN Program, the graduate is prepared to:

1. Synthesize knowledge from the discipline of nursing, sciences, and the humanities in acquisition and application of nursing knowledge, competencies, and values for professional nursing practice.
2. Optimize interprofessional collaboration in the delivery of patient-centered care.
3. Engage in a systematic process of evaluation, translation, and application of reliable scientific evidence to inform *(decision making for)* safe nursing practice.
4. Conduct comprehensive assessment inclusive of physical, behavioral, psychological, spiritual, socioeconomic, and environmental assessments of health and illness parameters in patients, using developmentally and culturally appropriate approaches.
5. Utilize technology and information systems to communicate, manage information, and support decision making to improve patient outcomes within the healthcare delivery system.
6. Assess communities and populations, synthesizing data an analyzing community needs to develop a comprehensive approach to meeting healthcare needs.
7. Utilize individual and population-focused interventions to promote health across the lifespan.
8. Engage in political and regulatory processes that influence healthcare systems and quality improvement policies.
9. Apply leadership and management skills in the provision of quality nursing care, healthcare team coordination, and the oversight and accountability for care delivery in a variety of setting.
10. Demonstrate communication skills to effectively implement patient safety and quality improvement initiatives within the context of the interprofessional team.
11. Demonstrate adherence to professional standards within legal, ethical, and regulatory frameworks of nursing practice.

Grading

Students must achieve a passing score of 80% (B) or higher in each course for progression in the program. The grading for this course will be determined as follows:

Assignment	Percentage
Discussion Board and Module Activities	20%
History of Nursing and APA Formatting Paper	15%
Personal Philosophy of Nursing Paper	25%
Critical Appraisal of Nursing Theory Presentation	20%
Safety Topic Analysis Case Study	20%

Assignment	Percentage
Total	100%

Course Grade Calculation					
Grade	A	B	C	D	F
Points/Percentage	90-100 %	89-80 %	79-70 %	69-60 %	59-0 %

Course Expectations and Assignments

Discussion Boards

The Discussion Board provides an interactive online forum for students and faculty to exchange scholarly discourse, clarify concepts found in the content of the Module presentations, and provides a forum for student contact. Each student will provide a scholarly response to a select discussion question in BlackBoard® on a weekly basis. Students are to engage in thought provoking, inquisitive, dialogue to contribute to the discussion. Initial posts and response posts should have a minimum of 100 words. Initial posts must have at least one citation which is correctly cited in APA format at the bottom of the post. See Discussion Board tab for specific deadlines and additional details.

Click Here to read about Writing a Substantive Post

Written Assignments

Students are required to submit written assignments discussing a concept as outlined in the Course Content. These papers demonstrate the student's ability to synthesize development of the baccalaureate prepared nursing roles as a provider of patient centered care, patient safety advocate, member of the interdisciplinary team, and member of the profession, and a reflection of those concepts. All written work is to contain the student's own original thoughts and comprehension and incorporate synthesis of properly documented relevant scholarly research.

History of Nursing and APA Formatting Paper

This assignment is designed to demonstrate knowledge of the history of nursing and practice using APA formatting. For this assignment, you will choose a

historical figure in nursing (except for Florence Nightingale) OR a milestone or development in nursing and use the rules of APA to compose a paper.

Critical Appraisal of Nursing Theory Presentation

This assignment is designed to demonstrate knowledge and critical analysis of a nursing theory and a nursing practice model and to practice presentation skills. Students will choose a nursing theory and discuss it as well as its implications for current nursing practice in a Voice-Over PowerPoint presentation format.

Safety Topic Analysis Case Study

This assignment is designed to demonstrate knowledge and application of safety research in nursing. Writing for this assignment must be scholarly in nature, citing at least three sources of information relevant to assignment, and thoroughly address each required section of the case study.

Personal Philosophy of Nursing Paper

This assignment is designed to convey your own personal philosophy of nursing.

Writing for this assignment must be scholarly in nature, citing at least three sources of information relevant to assignment and thoroughly address each required section of the assignment.

Module Activities

These module activities are designed to assess your analysis and understanding of the module topic for that week. The activities should be no longer than one page long and APA format is not required. You will answer the questions in the module designated as "Module Activities" and submit them through the submission link by the due date. These activities will be graded on a 100 point scale and will be a part of the Discussion Board and Module Activity grading.

Feedback and Grading Expectations
Assignments and discussion boards will generally be graded with feedback within one week of submission.

Assignment Submission Policy
Late submission of assignments will incur a 5 point per day penalty. Assignments are due by the due date. Please inform the instructor if an emergency arises. Each student

will get one virtual "Extension Token" that may be used for a 48- hour extension of a due date. Each token is only to be used once and will expire at the end of the semester. Assignments submitted past the 48-hour extension (if the extension token is used) will incur a five point per day penalty.

Course topics are listed in the Course Schedule.
Course topic materials are listed in each Module Folder in the course content tab.

Communication Policy
Students will receive a weekly email on Mondays outlining the content and assignments for the week. All communication must take place via ACC email or through Blackboard to ensure privacy of student records. Please do not email me from a non-ACC email address. I will return emails within 24 hours on weekdays and approximately 48 hours on weekends.

Minimum Technology Requirements:

1. Access to broadband internet
2. A reliable computer with a microphone for synchronous Collaborate sessions.
3. Microsoft Office
4. A camera on the computer (recommended but not required)

Minimum Computer and Digital Literacy Skills:

As part of your online experience, you can expect to utilize a variety of technology mediums as part of your curriculum:

- Communicate via email including sending attachments
- Navigate the World Wide Web using a Web browser such as Google Chrome
- Use office applications such as Microsoft Office (or similar) to create documents

- Be willing to learn how to communicate using a discussion board and upload assignments to a classroom Website
- Be comfortable uploading and downloading saved files
- Have easy access to the Internet
- Navigate Blackboard®, including using the communication component within Blackboard.

Portfolio Assignment

RN-to-BSN students assemble a portfolio of work during the program, with one assignment from each class designated as the portfolio assignment that will be added to the portfolio. In this course, the Personal Philosophy of Nursing Paper will be retained and added to that portfolio of work.

Course and ACC Policies

[ACC Policies and Procedures, Academic Guidelines, Health and Safety, and Emergency Instructions](#)

The Professional Nursing website contains specific departmental policies and the Professional Nursing Handbook.

Attendance / In-Class Participation

Students are expected to attend class meetings. Refer to the course calendar for specific time and location. If a student is unable to attend one of the class seminars or activities, they must contact the instructor in advance to arrange a mechanism to achieve the missed course objectives and requirements. Refer to the Professional Nursing Student Handbook for detailed information regarding progressive discipline and withdrawal policy.

To successfully complete the objectives for NURS 3350, students must achieve a minimum grade of 80%.

The complaints and grades dispute process are located in the ACC- Disciplinary Process and in the Professional Nursing Student Handbook Fall 2019.

http://www.austincc.edu/students/students-rights-and-responsibilities

Withdrawal Policy

It is the responsibility of each student to ensure that his or her name is removed from the rolls should they decide to withdraw from the class. The instructor does, however, reserve the right to drop a student should he or she feel it is necessary. If a student decides to withdraw, he or she should also verify that the withdrawal is recorded before the Final Withdrawal Date. The student is also strongly encouraged to keep any paperwork in case a problem arises.

Students are responsible for understanding the impact that withdrawal from a course may have on their financial aid, veterans' benefits, and international student status. Per state

law, students enrolling for the first time in Fall 2007 or later at any public Texas college or university may not withdraw (receive a "W") from more than six courses during their undergraduate college education. Some exemptions for good cause could allow a student to withdraw from a course without having it count toward this limit. Students are strongly encouraged to meet with an advisor when making decisions about course selection, course loads, and course withdrawals."

Incompletes

An incomplete (grade of "I") will only be given for extenuating circumstances. What constitutes "extenuating circumstances" is left to the instructor's discretion. If a grade of I is given, the remaining course work must be completed by a date set by the student and professor. This date may not be later than two weeks prior to the end of the following semester. A grade of "I" also requires completion and submission of the Incomplete Grade form, to be signed by the faculty member (and student if possible) and submitted to the department chair.

Students may request an Incomplete from their faculty member if they believe circumstances warrant. The faculty member will determine whether the Incomplete is appropriate to award or not. The following processes must be followed when awarding a student an I grade.

1. Prior to the end of the semester in which the "I" is to be awarded, the student must meet with the instructor to determine the assignments and exams that must be completed prior to the deadline date. This meeting can occur virtually or in person. The instructor should complete the Report of Incomplete Grade form.

2. The faculty member will complete the form, including all requirements to complete the course and the due date, sign (by typing in name) and then email it to the student. The student will then complete his/her section, sign (by typing in name), and return the completed form to the faculty member to complete the agreement. A copy of the fully completed form can then be emailed by the faculty member to the student and the department chair for each grade of Incomplete that the faculty member submits at the end of the semester.

3. The student must complete all remaining work by the date specified on the form above. This date is determined by the instructor in collaboration with the student, but it may not be later than the final withdrawal deadline in the subsequent long semester.

4. Students will retain access to the course Blackboard page through the subsequent semester in order to submit work and complete the course. Students

will be able to log on to Blackboard and have access to the course section materials, assignments, and grades from the course and semester in which the Incomplete was awarded.

5.   When the student completes the required work by the Incomplete deadline, the instructor will submit an electronic Grade Change Form to change the student's performance grade from an "I" to the earned grade of A, B, C, D, or F.

If an Incomplete is not resolved by the deadline, the grade automatically converts to an "F." Approval to carry an Incomplete for longer than the following semester or session deadline is not frequently granted.

COLLEGE POLICIES
Health & Safety Protocols

Operational areas of ACC campuses and centers are fully open and accessible through all public entrances. The college encourages its staff, faculty, and students to be mindful of the well-being of all individuals on campus. If you feel sick, feverish, or unwell, please do not come to campus.

Some important things to remember:

- If you have not done so, ACC encourages all students, faculty, and staff to get vaccinated. COVID-19 vaccines are now widely available throughout the community.

- Campuses will remain open to faculty, staff, and students with additional protocols. Beginning Monday, January 10, ACC will reinstitute health screenings at the door using the Appian Health Screening App. Each building will have at least one entrance staffed with screening personnel. Health screenings are required for all who come to campus. If you're exhibiting symptoms of COVID-19 or have tested positive, the app will provide you information about steps you can take to report your illness.

- If you are experiencing COVID-19-related symptoms, please get a COVID-19 test as soon as possible before returning to an ACC facility. Testing is now widely available.

- If you test positive, please report it on the ACC self-reporting tool .

- Face masks are welcome but not required.

- The college asks that we all continue to respect the personal space of others. We are encouraging 3 feet of social distancing.

- Please be sure to carry your student, faculty, or staff ID badge at all times while on campus.

Because of the everchanging situation, please go to [ACC's COVID website](#) for the latest updates and guidance.

Statement on Academic Integrity

Austin Community College values [academic integrity](#) in the educational process. Acts of academic dishonesty/misconduct undermine the learning process, present a disadvantage to students who earn credit honestly, and subvert the academic mission of the institution. The potential consequences of fraudulent credentials raise additional concerns for individuals and communities beyond campus who rely on institutions of higher learning to certify students' academic achievements and expect to benefit from the claimed knowledge and skills of their graduates. Students must follow all instructions given by faculty or designated college representatives when taking examinations, placement assessments, tests, quizzes, and evaluations. Actions constituting scholastic dishonesty include, but are not limited to, plagiarism, cheating, fabrication, collusion, falsifying documents, or the inappropriate use of the college's information technology resources.

Student Rights & Responsibilities

Students at ACC have the same [rights and protections](#) under the Constitution of the United States. These rights include freedom of speech, peaceful assembly, petition and association. As members of the community, students have the right to express their own views, but must also take responsibility for according the same rights to others and not interfere or disrupt the learning environment. Students are entitled to fair treatment, are expected to act consistently with the values of the college, and obey local, state, and federal laws.

As a student of Austin Community College, you are expected to abide by the [Student Standards of Conduct](#).

Senate Bill 212 and Title IX Reporting Requirements

Under Senate Bill 212 (SB 212), the faculty and all College employees are required to report any information concerning incidents of **sexual harassment, sexual assault, dating violence, and stalking** committed by or against an ACC student or employee. Federal Title IX law and College policy also require reporting incidents of **sex- and gender-based discrimination and sexual misconduct**. **This means faculty and**

non-clinical counseling staff cannot keep confidential information about any such incidents that you share with them.

If you would like to talk with someone confidentiality, please contact the District Clinical Counseling Team who can connect you with a clinical counselor on any ACC campus: (512) 223-2616.

While students are not required to report, they are encouraged to contact the Compliance Office for resources and options: Charlene Buckley, District Title IX Officer, (512) 223-7964; compliance@austincc.edu .

If a student makes a report to a faculty member, the faculty member will contact the District Title IX Officer for follow-up.

Student Complaints

A defined process applies to complaints about an instructor or other college employee. You are encouraged to discuss concerns and complaints with college personnel and should expect a timely and appropriate response. When possible, students should first address their concerns through informal conferences with those immediately involved; formal due process is available when informal resolution cannot be achieved.

Student complaints may include (but are not limited to) issues regarding classroom instruction, college services and offices on the basis of actual or perceived race, color, national origin, religion, age, gender, gender identity, sexual orientation, political affiliation, or disability.

Statement on Privacy

The Family Educational Rights and Privacy Act (FERPA) protects confidentiality of students' educational records. Grades cannot be provided by faculty over the phone, by e-mail, or to a fellow student.

Recording Policy

To ensure compliance with the Family Education Rights and Privacy Act (FERPA), student recording of class lectures or other activities is generally prohibited without the explicit written permission of the instructor and notification of other students enrolled in the class section. Exceptions are made for approved accommodations under the Americans with Disabilities Act.

Recording of lectures and other class activities may be made by faculty to facilitate instruction, especially for classes taught remotely through BlackBoard Collaborate or another platform. Participation in such activities implies consent for the student to be

recorded during the instructional activity. Such recordings are intended for educational and academic purposes only.

Safety Statement

Health and safety are of paramount importance in classrooms, laboratories, and field activities. Students are expected to learn and comply with ACC environmental, health and safety procedures and agree to follow ACC safety policies. Emergency Procedures posters and Campus Safety Plans are posted in each classroom and should be reviewed at the beginning of each semester. All incidents (injuries/illness/fire/property damage/near miss) should be immediately reported to the course instructor.

Everyone is expected to conduct themselves professionally with respect and courtesy to all. Anyone who thoughtlessly or intentionally jeopardizes the health or safety of another individual may be immediately dismissed from the day's activity and will be referred to the Dean of Student Services for disciplinary action.

In the event of disruption of normal classroom activities due to an emergency situation or an outbreak of illness, the format for this course may be modified to enable completion of the course. In that event, students will be provided an addendum to the class syllabus that will supersede the original version.

Campus Carry

The Austin Community College District concealed handgun policy ensures compliance with Section 411.2031 of the Texas Government Code (also known as the Campus Carry Law), while maintaining ACC's commitment to provide a safe environment for its students, faculty, staff, and visitors. Beginning August 1, 2017, individuals who are licensed to carry (LTC) may do so on campus premises except in locations and at activities prohibited by state or federal law, or the college's concealed handgun policy.

It is the responsibility of license holders to conceal their handguns at all times. Persons who see a handgun on campus are asked to contact the ACC Police Department by dialing 512-223-1231.

Discrimination Prohibited

The College seeks to maintain an educational environment free from any form of discrimination or harassment including but not limited to discrimination or harassment on the basis of race, color, national origin, religion, age, sex, gender, sexual orientation, gender identity, or disability.

Faculty at the College are required to report concerns regarding sexual misconduct (including all forms of sexual harassment and sex and gender-based discrimination) to the Manager of Title IX/Title VI/ADA Compliance. Licensed clinical counselors are available across the District and serve as confidential resources for students.

Use of ACC email

All College email communication to students will be sent solely to the student's ACC email account, with the expectation that such communications will be read in a timely fashion. ACC will send important information and will notify students of any college-related emergencies using this account. Students should only expect to receive email communication from their instructor using this account. Likewise, students should use their [ACC email account](#) when communicating with instructors and staff.

Use of the Testing Center

The Testing Centers will allow only limited in person testing and testing time will be limited to the standard class time, typically one and one-half hours. Specifically, only the following will be allowed in the Testing Centers:

- Student Accessibility Services (SAS) Testing: All approved SAS testing
- Assessments Tests: Institutionally approved assessment tests (e.g., TSIA or TABE)
- Placement Tests: Placement tests (e.g., ALEKS)
- Make-Up Exams (for students who missed the original test): Make-up testing is available for all lecture courses but will be limited to no more than 25% of students enrolled in each section for each of four tests
- Programs incorporating industry certification exams: Such programs (e.g., Microsoft, Adobe, etc.) may utilize the ACC Business Assessment Center for the industry certification exams (BACT) at HLC or RRC

STUDENT SUPPORT SERVICES

The success of our students is paramount, and ACC offers a variety of support services to help, as well as providing numerous opportunities for community engagement and personal growth.

Student Support

ACC strives to provide exemplary support to its students and offers a broad variety of [opportunities and services](#).

Student Accessibility Services

Austin Community College (ACC) is committed to providing a supportive, accessible, and inclusive learning environment for all students. Each campus offers support services for students with documented disabilities. Students with disabilities who need classroom, academic or other accommodations must request them through Student Accessibility Services (SAS).

Students are encouraged to request accommodations when they register for courses or at least three weeks before the start of each semester they are enrolled, otherwise the provision of accommodations may be delayed. Students who have received approval for accommodations from SAS for this course must provide the instructor with the legal document titled "Notice of Approved Accommodations (NAA)" from SAS.

Until the instructor receives the NAA from the student accommodations should not be provided. Once the NAA is received, accommodations must be provided. Accommodations are not retroactive, so it is in the student's best interest to deliver the NAA on the first day of class.

Please contact SAS@austincc.edu for more information.

Academic Support
ACC offers academic support services on all of its campuses. These services, which include online tutoring, academic coaching, and supplemental instruction, are free to enrolled ACC students. Tutors are available in a variety of subjects ranging from accounting to pharmacology. Students may receive these services on both a drop-in and referral basis.

Library Services
ACC Library Services offers both in-person and extensive online services, with research and assignment assistance available in-person during limited hours of service. Although all college services are subject to change, plans include ACC students signing up for study space and use of computers at open libraries, extensive online instruction in classes, online reference assistance 24/7 and reference with ACC faculty librarians.
In addition, currently enrolled students, faculty and staff can access Library Services online (also 24/7) via the ACC Library website and by using their ACCeID to access all online materials (ebooks, articles from library databases, and streaming videos). ACC Libraries offer these services in numerous ways such as: "Get Help from a Faculty Librarian: the 24/7 Ask a Librarian chat service," an online form for in-depth research Q and A sessions, one-on-one video appointments, email, and phone (voicemail is monitored regularly).

- Library Website
- Library Information & Services during COVID-19:
- Ask a Librarian 24/7 chat and form
- Library Hours of Operation by Location
- Email

Student Organizations
ACC has over seventy student organizations, offering a variety of cultural, academic, vocational, and social opportunities. They provide a chance to meet with other students who have the same interests, engage in service-learning, participate in intramural

sports, gain valuable field experience related to career goals, and much else. [Student Life](#) coordinates many of these activities.

Personal Support

Resources to support students are available at every campus. To learn more, ask your professor or visit the campus Support Center. All resources and services are free and confidential. Some examples include, among others:

- [Food resources including community pantries and bank drives](#)
- Assistance with childcare or utility bills is available at any campus [Support Center](#)
- The [Student Emergency Fund](#) can help with unexpected expenses that may cause you to withdraw from one or more classes.
- Help with budgeting for college and family life is available through the [Student Money Management Office](#).
- Services for [student parents](#)
- The [CARES Act Student Aid](#) will help eligible students pay expenses related to COVID-19.

[Mental health counseling services](#) are available throughout the ACC Student Services District to address personal and or mental health concerns.

If you are struggling with a mental health or personal crisis, call one of the following numbers to connect with resources for help. However, if you are afraid that you might hurt yourself or someone else, call 911 immediately.

Free Crisis Hotline Numbers:
- Austin / Travis County 24-hour Crisis & Suicide hotline: **512-472-HELP (4357)**
- The Williamson County 24-hour Crisis hotline: **1-800-841-1255**
- Bastrop County Family Crisis Center hotline: **1-888-311-7755**
- Hays County 24 Hour Crisis Hotline: **1-877-466-0660**
- National Suicide Prevention Lifeline: **1-800-273-TALK (8255)**
- Crisis Text Line: **Text "home" to 741741**
- Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline: **1-800-662-HELP (4357)**
- National Alliance on Mental Illness (NAMI) Helpline:**1-800-950-NAMI (6264)**