

Student Mental Health Resources

Your emotional and mental health is as important as your physical health. If at any point during the semester you feel overwhelmed with your class work, feel thoughts of depression or suicide, experience sexual assault or rape, have problems with substance abuse or relationship abuse, or have any other struggles with your mental health, ***please seek help!*** The Counseling Center Services at Syracuse University is a *free resource* offering assistance with any issue you might have—both individually and through group sessions. The Office of Student Assistance also provides students struggling with academic issues, personal growth, or general well-being with assistance. There is ***never*** any shame in seeking help. If you or someone you know is struggling with any of these issues, speak out!

Counseling Services (Barnes Center at the Arch): The Counseling Center Services website can be found at is located at 150 Sims Drive, Syracuse NY 13244-4350. They can be contacted at 315.443.4715, or visit their website at <https://ese.syr.edu/bewell/>.

Office of Student Assistance: The Office of Student Assistance can be found at 306 Steele Hall, Syracuse, NY 13244-4350. They can be contacted at 315.443.4357, or visit their website at <http://studentassistance.syr.edu/>.

LGBT[QIA]+ Center: If you or someone you know is having issues with gender or sexual identity, the LGBT[QIA]+ Center is there to create a safe space for those with marginalized genders and sexualities. The LGBT[QIA]+ Center website can be found at <http://lgbt.syr.edu/>, is located at 548 Bird Library, Syracuse, New York 13244, and can be contacted at 315.443.3983. Know that my office is a safe space and should you prefer any gender specific pronoun/name, please be sure to make me aware!

Department of Public Safety: If you are concerned about a students welfare, especially immediate welfare, please call the Department of Public Safety's (DPS) 24-hour line at 315.443.2224, or in case of emergency dial 911. DPS can be found at 130 College Place 005 Sims Hall, Syracuse, NY 13244-4350, or visit their website at <https://dps.syr.edu/>. DPS also provides escort services daily Monday through Friday should you want them. Call DPS to request this service. You can also access many of the DPS services through the LiveSafe Mobile App, see <https://dps.syr.edu/public-information/livesafe-mobile-app/> for further details.

Food Pantry: Once a week, you can go to either Hendricks Chapel or South Campus, sign in, and fill up a bag with food and personal care items at no cost at all to Syracuse students. For Hendricks Chapel, go to Room 003, and for South Campus go to Carriage House 161 Farm Acre Rd. For more information, to learn how to donate or volunteer, visit <http://hendricks.syr.edu/services-and-initiatives/food-pantry.html>.

Should you feel uncomfortable with any of the Syracuse University resources, know there are many hotlines available to you as well. Google them to find out more.

National Suicide Prevention Hotline: 1.800.273.8255

Trevor LGBT Suicide Hotline: 1.866.488.7386

Trans Lifeline Suicide Hotline: 1.877.565.8860

Rape, Sexual Assault, Abuse and Incest National Network (RAINN) 1.800.656.4673

National Domestic Violence Hotline: 1.800.799.7233

Veteran's Crisis Line: 1.800.273.8255

Gay and Lesbian National Hotline: 1.888.843.4564

CDC National STD Hotline: 1.800.311.3435

Substance and Mental Health Services Administration (SAMHSA): 1.800.662.4357

National Alliance on Mental Health Illness (NAMI): 1.800.950.6264

American Cancer Society: 1.800.227.2345

CDC National HIV/AIDS Hotline: 1.800.343.2437

Crisis Pregnancy Hotline: 1.800.712.4357

Eating Disorder Hotline: 1.800.931.2237

Self Harm Hotline: 1.800.366.8288

Sex Addicts Anonymous: 1.800.477.8191

Marijuana Anonymous: 1.800.766.6779

Compulsive Gambling Hotline: 1.800.522.4700

GriefShare: 1.800.395.5755