



Student Mental Health Resources

Importance of Mental Health

Your emotional and mental health is as important as your physical health. If at any point during the semester you feel overwhelmed with your course 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!*** Never feel ashamed about asking for help. The Counseling & Psychological Services (CAPS) at St. Thomas Aquinas College is a resource offering assistance with any mental health issues that you might have. Be aware that some resources may be private but not confidential, i.e. issues will be kept private but that federal law may mandate reporting to appropriate individuals. If you are unsure if the resources you are accessing will be confidential, you need only ask.

There are also a number of resources available to you at St. Thomas Aquinas College for academic related issues: Center for Student Success, Academic Recovery Program, Writing Center, etc. Please, consult with the Academic Services Office about these resources. There is ***never*** any shame in seeking help. If you or someone you know is struggling with any of these issues, speak out!

STAC Resources

Counseling & Psychological Services (CAPS): The CAPS website can be found at <https://stac.edu/student-life/counseling-psychological-services/>. The CAPS office is located in the upper level of the Romano Student Alumni Center, and can be contacted at 845.398.4065.

College Health & Wellness Services: The College Health & Wellness Services located in the McNelis Commons Residence Life Complex, Apartment 2B and be contacted at stachealth@stac.edu or 845.398.4242.

Academic Services Office: The Academic Services Office is located in Spellman 106. The Academic Services Office can be contacted at academicservices@stac.edu, or on the web at <https://stac.edu/academics/academic-services/>.

Center for Student Success: The Center for Student Success website is <https://stac.edu/academics/academic-services/center-for-student-success/> and can be found at Spellman 111 or contacted at 845.398.4090.

Office of Disability Services: The Office of Disability Services website is <https://stac.edu/offices/disability-services/> and can be found on the lower level of Spellman Hall or you contact its director Anne Schlinck at 845.398.4087 or aschlinc@stac.edu.

LGBT[QIA]+ Resources: If you or someone you know is having issues with gender or sexual identity, Counseling & Psychological Services can be of assistance. Know that my office is a safe space and should you prefer any gender specific pronoun/name, please be sure to make me aware!

Campus Safety & Security: If you are concerned about a student's welfare, especially immediate welfare, please call Campus Safety and Security at 845.398.4080, or in case of emergency dial 911. The Office of Campus Safety & Security can be found in Aquinas Hall and the director of campus security, James Nawoichy, can be emailed at jnawoich@stac.edu.

Campus Ministry & Volunteer Services: To access the Campus Ministry Services, directed by Nick Migliorino, located in the Romano Student Alumni Center and can be contacted at nmiglior@stac.edu or 845.398.4084.

Other Resources

Should you feel uncomfortable with any of the St. Thomas Aquinas College resources, know there are many other resources available to you as well. Google them to find out more.

Local Mental Health Services: There are a number of local mental health services available:

Behavioral Health Response Team (Rockland Mobile Crisis) 845.517.0400 or 844.255.2478

Rockland Crisis Services: 845.364.2275

Rockland Suicide Hotline: 845.354.6500

Bergen County CarePlus NJ: 201.262.4357

Rockland Paramedic Services: 845.517.0400

Food/Resource Insecurity: If you are dealing with needs based issues, such as food insecurity, there are local resources that may be available to you. For more information or to learn how to donate or volunteer, visit <https://www.rocklandhunger.org/>.

There are also a number of hotline numbers you can access:

National Suicide Prevention Hotline: 988 (Call or Text)

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