



Additional Resources

If I need mental health support right now, what can I do?

Local Resources

1. Center for Personal Development – FSU Counseling Center

- 910-672-1222
- counselingservices@uncfsu.edu
- Available M - F, 8am - 5pm

2. FSU Police and Public Safety

- 910-672-1775 or 1911
- Available 24/7

3. North Carolina LME - MCOs crisis phone numbers: please use the following link:

<https://www.ncdhhs.gov/providers/lme-mco-directory>

- Once you click on the link, counties will be listed under one of the LME – MCOs.
- Find your county and you will see the 24- hour crisis line phone number to contact for your area.
- Available 24/7

4. Local Emergency Rooms

- Or contact 911

On-Line Counseling Services*

1. Woebot- Offered by Student Blue

file:///C:/Users/dhall9/AppData/Local/Microsoft/Windows/INetCache/Content.Outlook/IWQNX2P0/woebot_poster_fsu.pdf

2. Better Help*

<https://www.betterhelp.com/>

3. Talk Space*

<https://lp.talkspace.com/try>

4. Healthsapiens*

<https://healthsapiens.com/>

5. Top 10 online-therapy services*

<https://www.top10.com/online-therapy/comparison>

*There are individual fees associated with utilizing these services.

Hotlines

For immediate assistance, you can contact the following hotlines. Please know that Hotlines are not the same as therapy sessions. Hotlines are staffed by specially trained volunteers that assist you through your situation.

1. National Alliance on Mental Illness (NAMI)

- 1-800-950-NAMI
- Text "NAMI" to 741741
- Available M-F, 10am - 6pm

2. SAMHSA Disaster Distress Helpline

- 1-800-985-5990
- Text "TalkWithUs" to 66746
- Available 24/7

3. SAMHSA Helpline

- 1-800-662-4357
- Available 24/7

4. Suicide Hotline

- 1-800-273-8255
- Available 24/7

5. Trevor (LGBTQ)

- 1-866-488-7386
- Available 24/7

6. Veterans Crisis Line

- 1-800-273-8255 press 1
- Available 24/7