

# NEED TO TALK TO SOMEONE?

*YOU HAVE ACCESS TO SUPPORT 24/7/365.*



TimelyCare is a convenient way for students to receive free telehealth services. Every student has access to this service by signing up by scanning the above QR code. Use your school email address to avoid incurring fees.

Mental Health Services Include:

- **TalkNow**—a 24 hour hotline that you can call anytime and speak to a licensed mental health professional about *anything!*
- **Scheduled Counseling**—45 minute visits by appointment to speak with a licensed counselor of your choice. *Sessions are limited to 6 per semester or 12 per academic year.*

We have a telehealth suite that all students can access. If you need a private, confidential location to hold your visits, or want to relax in the Zen room, come by the lower level of Rotary Hall during normal business hours.

## Need Help?



## CRISIS HOTLINES

ONLINE CRISIS COUNSELING CHAT SERVICES

**CRISISCHAT.ORG** OR TEXT **741741**;

for young people of color, text **STEVE** to **741741**

NATIONAL SUICIDE PREVENTION HOTLINE

**9-8-8** or <https://988lifeline.org/chat/>

For TTY Users: Use your preferred relay service or dial 711 then 988



Scan QR code to bookmark crisis numbers or for more mental health information

COMPULSIVE GAMBLING HELPLINE (LACG)

**1-877-770-7867**

LGBTQ+ CRISIS LINE

**1-866-488-7386**

RAPE, ABUSE, INCEST NATIONAL NETWORK (RAINN)

SEXUAL ASSAULT HELPLINE

**1-800-656-HOPE (4673)**

VETERANS HOTLINE

**1-800-273-8255 (PRESS 1) OR TEXT 838255**

NATIONAL DOMESTIC/DATING VIOLENCE HOTLINE

**1-800-799-SAFE (7233) OR 1-800-787-3224 (TTY)**

TRANS LIFELINE PEER SUPPORT

**1-877-565-8860 OR [TRANSLIFELINE.ORG](https://translifeline.org)**

NATIONAL ALLIANCE ON MENTAL HEALTH (NAMH)

**1-800-950-6264**

EATING DISORDERS LIVE ONLINE CHAT

**[NATIONALEATINGDISORDERS.ORG](https://nationaleatingdisorders.org)**

SUBSTANCE ABUSE HOTLINE

**1-800-662-HELP OR 1-877-726-4727**

ANTI-HAZING HOTLINE

**1-888-NOT-HAZE (668-4293)**

DISASTER DISTRESS HELP LINE

CALL OR TEXT **1-800-985-5990**

**[DISASTERDISTRESS.SAMHSA.GOV](https://disasterdistress.samhsa.gov)**

S.A.F.E. (SELF-ABUSE FINALLY ENDS)

**1-800-DONT-CUT**

PROJECT CELEBRATION: DOMESTIC VIOLENCE, SEXUAL ASSAULT

**318-226-5015 OR [PROJECTCELEBRATION.COM](https://projectcelebration.com)**

ALCOHOLICS ANONYMOUS—SHREVEPORT OFFICE

**318-865-2172 OR [AA-SHREVEPORT.ORG](https://aa-shreveport.org)**

NARCOTICS ANONYMOUS: <https://na.org/>



**COUNSELING SERVICES**

REQUEST AN APPT: [CENTENARY.EDU/THERAPYISCOOL](https://centenary.edu/therapyiscool)

**318-869-5466**

2022-2023