

Mental Health & Wellness Resources

Free and Confidential

Campus

January 10, 24, February 14, 28, March 14, 28, April 11, 25, May 2, 9

10am – 2pm (additional times may be available upon request)

Licensed Professional Counselor available for clinical intakes, psychoeducation, and general conversation with ESCC students and employees.

Phone

Dial 988 to access mental health crisis services 24/7 - or dial 1-800-273-TALK (8255)

Suicide prevention and crisis resources - the Lifeline provides support to people in emotional distress or suicidal crisis 24 hours a day, seven days a week.

When you call the Lifeline, you will hear a message featuring additional options while your call is routed to your local Lifeline network crisis center. Music will be played while being connected to a crisis worker. The worker will listen to you and how your problem is affecting you, provide support, and get you the help you need.

Text

- **Text 988** to access mental health crisis services 24/7 *or*
- **Text “HOME” to 741741** to reach a Crisis Text Line Counselor 24/7.

Online Chat & Resources

Visit 988lifeline.org to connect with a crisis counselor for emotional support and other services via web chat or text. Resources to help individuals get through a crisis are also available on this website.

