

STUDENT COUNSELING SERVICES & RESOURCES

Counseling Services

Your emotional/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/suicide, experience sexual assault/rape, experience problems with substance abuse or relationship abuse, or have any other struggles with physical/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. There is ***never*** any shame in seeking help. If you or someone you know is struggling with any of these issues, speak out! The Counseling Center Services website can be found at <http://counselingcenter.syr.edu/>, is located at 200 Walnut Place, Syracuse NY 13244-4350, and can be contacted at 315.443.4715.

If you or someone you know is having issues with gender or sexual identity issues, the LGBT[QIA] Center is there to create a safe space for those with marginalized genders and sexualities or those who might be struggling with these issues. The LGBT[QIA] Center website can be found at <http://lgbt.syr.edu/>, is located at 750 Ostrom Avenue, Syracuse, NY 13244-4350, 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!

If you are concerned about a student's welfare, especially immediate welfare, please call the Office of Public Safety's 24-hour line at 1.315.443.2224 or in case of emergency dial 911. They can be found at 005 Sims Hall or visit their website at <http://publicsafety.syr.edu/>

National Suicide Prevention Hotline: This 24-hour hotline is for those suffering with depression/suicide or for those with suicidal behavior such as cutting. Visit their website at <http://www.suicidepreventionlifeline.org/>

Suicide Hotline: 1.800.273.8255

Trevor LGBT Suicide Hotline: This 24-hour hotline is targeted for those LGBT[QIA] or others of marginalized genders/sexual orientation struggling with thoughts of depression/suicide. Visit their website at <http://www.thetrevorproject.org>

Trevor Hotline: 1.866.488.7386

Trans Lifeline Suicide Hotline: This 24-hour national hotline is staffed solely by transgendered individuals should you be feeling marginalized or suffering with thoughts of depression/suicide. Visit their site at <http://www.translifeline.org/>

Trans Lifeline: 1.877.565.8860

National Sexual Assault Hotline: This completely anonymous and confidential hotline is for those suffering from sexual assault, incest, abuse, or rape. This is a 24-hour hotline. You will not be compelled to give out any information should you choose not to. Visit their website at <https://www.rainn.org/>

Assault Hotline: 1.800.656.4673

National Domestic Violence Hotline: This is a 24-hour hotline for those suffering from relationship or domestic abuse - physical or mental or for those questioning whether or not they are suffering relationship abuse. Visit their website at <http://www.thehotline.org/>

Domestic Violence Hotline: 1.800.787.3224

National Substance and Mental Health Services Administration: This is a 24-hour national hotline for those individuals or families facing mental health or substance abuse problems. They can refer to you local services free of charge. This hotline is completely confidential. Visit their site at <http://www.samhsa.gov/>

SAMSHA: 1.800.487.4889

Veteran's Crisis Line: This 24-hour hotline is for those individuals or families having any issues resulting from a person(s) past or present service. Visit their site at <http://veteranscrisisline.net>

Veteran's Crisis: 1.800.799.4889