

UNCSA Counseling Center - Student Resources

Please be reminded that we have existing options to support you.

Campus Resources

Wellness Center

336-770-3288

- Contact the Wellness Center to be connected with a counselor for a walk-in discussion

HealthLink: After Hours Counseling Support

1-888-267-3675

- For evenings after 5:00pm & weekends when the Wellness Center is closed

Emergency Services

Call Campus Police from campus phone at "55"

Call Campus Police from cell phone 336-770-3321

Call 911, if off campus

National Resources

National Suicide Hotline

1-800-273-8255

Crisis Text Line

Text HOME to 741741

National Domestic Violence Hotline

1-800-799-7233

LGBTQIA+ Crisis

TrevorLifeline 1-866-488-7386

or text START to 678678

National Sexual Assault Hotline

1-800-656-4673

Therapy Resources

Talkspace

- Connect with a licensed therapist from the palm of your hand, and experience the most convenient, affordable way to improve your mental health.
- Visit [talkspace.com](https://www.talkspace.com) to get started.

BetterHelp

- Get matched easily with a licensed, board-accredited counselor today. More than 3000 therapists with 38 million+ counseling sessions are ready to help you!
- Visit [betterhelp.com](https://www.betterhelp.com) to get started.

SAMHSA's National Helpline

1-800-662-4357

- A free, confidential, 24/7, 365-day-a-year treatment referral and information service for individuals and families facing mental and/or substance use disorders.