



On-Campus International Student Resources

Crisis Helpline: (806) 742-5555

Crisis TEXT line: Text HELLO to 741741

TechAlert (806) 774-9336

Texas Tech Police Department :

Emergency- 911 | Non-emergency (806) 742-3931

Mental Health Resources

Student Mental Health Community

The Student Mental Health Community (SMHC) provides a supportive environment to help Texas Tech students establish, sustain, and enhance their mental health.

- Supportive Community
 - Drop-In space located in Weeks Hall
 - Student kitchen
 - Peer meeting rooms
 - Study areas
 - Hang-out space for students
- Supportive Resources
 - Weekly peer support groups to enhance mental health and wellbeing
 - Community lunches, movie nights, activities, and excursions
 - Online support overseen by staff through the [Flare app](#)
 - Collaborative connections with other Texas Tech University student resources
- Contact Information
 - Phone: (806) 834-4544
 - Email: hs.mentalhealth@ttu.edu
 - Instagram: [smhc_ttu](#)

Center for Students in Addiction Recovery



This specialized recovery and academic support increases the chances that recovering students will flourish with strengthened recovery, personal and professional growth, and academic achievement, including retention in school, high GPAs, and graduation rates.

- Recovery Support
 - Recovery housing
 - Monthly community lunches
 - Student trips each semester, when possible
 - Seminar in Community
 - Nutritional support, when needed
 - Recovery tailgates for select games
- Academic Support
 - Academic advising
 - Scholarships (undergraduate and graduate)
 - Scholarships include in-state tuition for out-of-state students
 - Admission overrides, when needed
 - Tutoring, when possible
 - Supplies
- Contact information
 - Phone: (806) 742-2891

TTU Counseling Center

To get started with treatment, please come to the Student Counseling Center (SCC) Walk-In Clinic hours, Monday through Friday between 12:30 and 3:30 pm.

- Brief individual counseling
- Brief couples counseling
- Group counseling
- Self help resources
 - Mindspa- zero gravity massage chair, virtual reality relaxation and play, audio-video library, biofeedback, and more!
- Contact information
 - Phone: (806) 742-3674
 - Email: StudentCounselingCenter@ttu.edu
 - Walk-in clinic hours
 - Monday-Friday 12:30-3:30pm



Office of Risk, Intervention, Safety and Education (RISE) (check how they put commas)

We help students live vital, meaningful lives through prevention education and holistic well-being strategies.

- Campus Outreach
 - Voices for change online modules
 - Elevate your wellbeing wellness program
- Monthly Programs
 - R.A.D Self Defense Training
 - Rape Aggression Defense (R.A.D.) is an internationally recognized program for self-defense.
 - Rise Peer Educator Drop-in Support
- Substance Use and Wellness
 - Substance Use Coaching
 - Coaching offers personalized one-on-one discussions with a trained facilitator.
 - Wellness Coaching
 - This personalized, one-on-one session is dedicated to fostering personal growth through open dialog, self reflection, and interactive activities.

Campus-Wide Online Resources

- Shmoody
 - A pocket toolkit for your mental health wherever you are in your mental health journey and whether you work with a therapist or not.
 - Use campus code 1923
- Togetherall
 - Safe, anonymous, online peer support community to support your mental health
- TELUS
 - Free, confidential, 24/7, phone or chat, immediate real-time support with a multilingual professional counselor. Ability to set up free online counseling.
- Therapy Assistance Online (TAO)



- Interactive, web-based program providing researched, effective strategies to help overcome anxiety, depression and other common concerns. (check their verbiage and commas on website)

Physical Health Resources

Raider Red's Food Pantry

Raider Red's Food Pantry provides supplemental non-perishable food and hygiene items to students who may face hardships and is designed to complement other resources available.

- Must present physical student ID
- Open to all currently enrolled students!
- Contact information
 - Phone: (806) 742-2011
 - Email: raiderrelief@ttu.edu
 - Hours: Doak 117 (hours vary semesterly; check website)
 - Instagram: @raiderrelief

Raider Relief Advocacy and Resource Center

The Raider Relief Advocacy and Resource Center (RR- ARC) is a centralized hub of resources and support for students facing hardships with their basic needs. Through a comprehensive network of campus and community partnerships, we strive to alleviate the burden of financial, physical, and emotional hardships and promote the well-being and academic success of all students.

- Services
 - **Raider Relief**- Raider Relief assists students who are faced with an unexpected loss of stability through emergency financial relief.
 - **Raider Red's Food Pantry**- Raider Red's Food Pantry (FP) supplies personal care items and a selection of nonperishable food to students.
 - **Red to Black Peer Financial Coaching**- Red to Black Peer Financial Coaching (R2B) empowers students to achieve financial goals through education and awareness.
- Contact information
 - Phone: (806) 742-5175



- Email: raiderrelief@ttu.edu

Raider Ride

Raider Ride is a nighttime shuttle service that provides students with on-demand rides on campus from 6pm-2:45am, 7 days a week.

- To request a ride during service hours please follow the steps below:
 - Download the TechRide app (Available in the App Store & Google Play)
 - Sign in with your TTU eRaider credentials.
 - Select your pickup/drop off location and request a ride.
- Contact information
 - Phone: (806) 742-7275
 - Email: parking@ttu.edu

University Recreation Center (UREC)

The University Recreation Center is a gym for Red Raiders. The mission of the University Recreation Center is to enrich the lives of Red Raiders by building community through dynamic leadership, leisure, recreation, and wellness opportunities. They offer various programs to contribute to your goals for physical wellness.

***NOTE:** Please note that undergraduate and law students pay for access to UREC through tuition, while graduate students must opt in to pay for access.*

- Fitness and Wellness
 - Free fitness classes
 - F45 Texas Tech, Crossfit Texas Tech, Massage Therapy, Personal Training, NASM/ AFAA Prep Courses, Group Fitness Specialty Training, and Fitness on Demand
- Aquatics
 - Swim Lessons, CPR Certification Classes, and Lifeguarding Classes
- Sport Programs
 - Intramurals, Sports Clubs
- Outdoor Pursuits
 - Trips, Equipment Rentals, Bike Shop, Climbing Wall
- Contact information
 - Phone: (806) 742-3351



- Email: urec@ttu.edu
- Hours: There are various facility hours. Please visit their website for more information.
 - [Hours & Counts | University Recreation | University Recreation | TTU](#)

Student Health Services

Student health services offers many healthcare services to Texas Tech students.

- Services included: Behavioral health, laboratory testing, nurse clinic, pharmacy, primary and urgent care, sports medicine, travel medicine, women's health, and x-rays.

Contact information

- Phone: (806) 743-2848
- Email: studenthealthservices@ttuhsc.edu
- Website: [Student Health Services | Student Health Services | TTU](#)

Financial Resources

Red to Black Peer Financial Coaching

Red to Black Peer Financial Coaching (R2B) empowers students to achieve financial goals through education and awareness.

- Topics covered:
 - Creating spending plans
 - Building and using credit wisely
 - Maximizing financial aid
 - Choosing employee benefits
- Contact information
 - Phone: (806) 742-2011
 - Email: raiderrelief@ttu.edu

Student Financial Aid & Scholarships

The goal of SFAS is to make obtaining a college degree within reach by supporting students with financial aid and scholarship programs. Texas Tech relies on a variety of financial aid



sources to increase the university's affordability. This may include scholarships, grants, student employment, student loans, and waivers. As a student, please know that you and your family have a dedicated financial aid advisor who can assist you with this process.

- Scholarships, grants, loans
- Work study
- Student employment
- Contact information
 - Phone: (806) 742-3681
 - Email: finaid.advisor@ttu.edu

Legal Resources

Student Legal Services

- Provide services that reflect the legal needs of TTU students.
- Provide legal representation in the areas most stressful to TTU students.
- Refer as needed to on-campus and off-campus entities.
- Adapt programming to reflect changing student needs.
- Contact information
 - Phone: (806) 742-3289
 - Email: studentlegalservices@ttu.edu

Academic Resources

Writing Centers (graduate and undergraduate)

The Writing Centers of Texas Tech serve students from all majors and disciplines as they work to develop excellent written communication skills through one-to-one consultations, writing groups, workshops, resources, and other innovative programming.

- Contact information
 - Phone: (806) 742-2476
 - Email: writingcenter@ttu.edu

The Learning Center



TEXAS TECH UNIVERSITY

University Career Center™

The Learning Center offers FREE drop-in tutoring in subjects such as Math, Physics, Chemistry, Biology, Accounting, and Engineering (and many others).

- Services
 - Free 1:1 tutoring
 - Goal setting
 - Time management and stress management tips
 - Test preparation
 - Note taking tips
- Contact information
 - Phone: (806) 742-3664
 - Email: learningcenter@ttu.edu

Supplemental Instruction

Supplemental Instruction (SI) provides a unique peer-to-peer learning experience in an interactive group environment called SI Sessions. The SI Sessions are regularly scheduled review sessions led by SI Leaders (undergraduate students) who have previously earned an A in the course.

- Contact information
 - Phone: (806) 742-3664
 - Email: si.soar@ttu.edu

University Career Center

The mission of the UCC is to promote the success of Texas Tech students and alumni through face-to-face and virtual methods. The UCC serves the Red Raider community through individual appointments, presentations, career fairs, employer info sessions, etiquette events, and the Career Closet.

- Contact information
 - Phone: (806) 742-2210
 - Email: careercenter@ttu.edu

University Coaching and Student Achievement



TEXAS TECH UNIVERSITY

University Career Center™

University Coaching and Student Achievement engages students in meaningful, intentional relationships focused on their academic and personal growth, supporting their success through partnerships, resources, and accountability.

- Contact information
 - Phone: (806) 742-7774
 - Email: university.coaching@ttu.edu