

RED RAIDER FAMILY WEBINAR SERIES



Suicide Prevention Week Panel

Christine Self | Parent & Family Relations

Lisa Viator | Student Counseling Center

Heather Frazier | Risk Intervention & Safety Education (RISE)

Sarah Cuevas | University Student Housing

Jill Stangl | Assistant Vice Provost for Student Wellbeing

Question:

Is counseling available for students?

Student Counseling Center Contact Information:

Where: 201 Student Wellness Center
(on corner of Flint and Main)

Phone : (806) 742-3674

Website: <http://counseling.ttu.edu>

- We are open Monday through Friday 8:00am-5:00 pm
- If the University is closed, we are closed
- All services are available to enrolled TTU students (ttu.edu email)
- All services are voluntary
- Services are covered by Student Service/Health & Wellness Fees
 - We do not accept insurance
 - There is no co-pay involved
 - \$25 no-show fee
- Therapist will determine what treatment will be most effective



Walk-In Clinic

- All students wanting our services must come to a triage appointment.
 - Monday through Friday, 12:30pm-3:30pm
 - Student fills out paperwork
 - Briefly meets with a therapist to discuss treatment options or referrals
- If students are in crisis, they do not need to wait until 12:30 to meet with a therapist.

After-Hours Services

- Students in crisis can call the Texas Tech Crisis HelpLine at 806-742-5555. It is available 24-7-365
- Students who want or need after-hours therapeutic support may use TELUS
 - Telehealth (phone or video)
 - On-demand chat or phone
 - Scheduled appointments
- Therapy Assistance Online self-help



Ask A Question,
Save A Life.

QUESTION. PERSUADE. REFER.

Question:

What other type of assistance is offered?

SMHC

STUDENT MENTAL HEALTH COMMUNITY

FOSTERING A SUPPORTIVE ENVIRONMENT

SMHC

The SMHC provides a supportive environment to help Texas Tech students establish, sustain, and enhance their mental health.

PEER SUPPORT MEETINGS

COMMUNITY SPACES

MONTHLY EVENTS

SUPPORTIVE APP

TTU RISE



INTERVENTION

Heather Frazier
Program Manager
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T: 806.834.6717

Question:

What about students living on campus? Are staff trained to identify possible suicidal behavior?



UNIVERSITY STUDENT HOUSING

TEXAS TECH
Administration & Finance
Auxiliary Services

Care Team

Enhancing student living through thoughtful care

Your Housing Care Team

Sarah Cuevas, Alondra Villanueva & Heidi Mayes



UNIVERSITY
STUDENT
HOUSING

TEXAS TECH
Administration & Finance
Auxiliary Services

We care & are here to provide support for:



Emergencies



Wellness/Medical Situations



Mental Health



Loss of Loved One



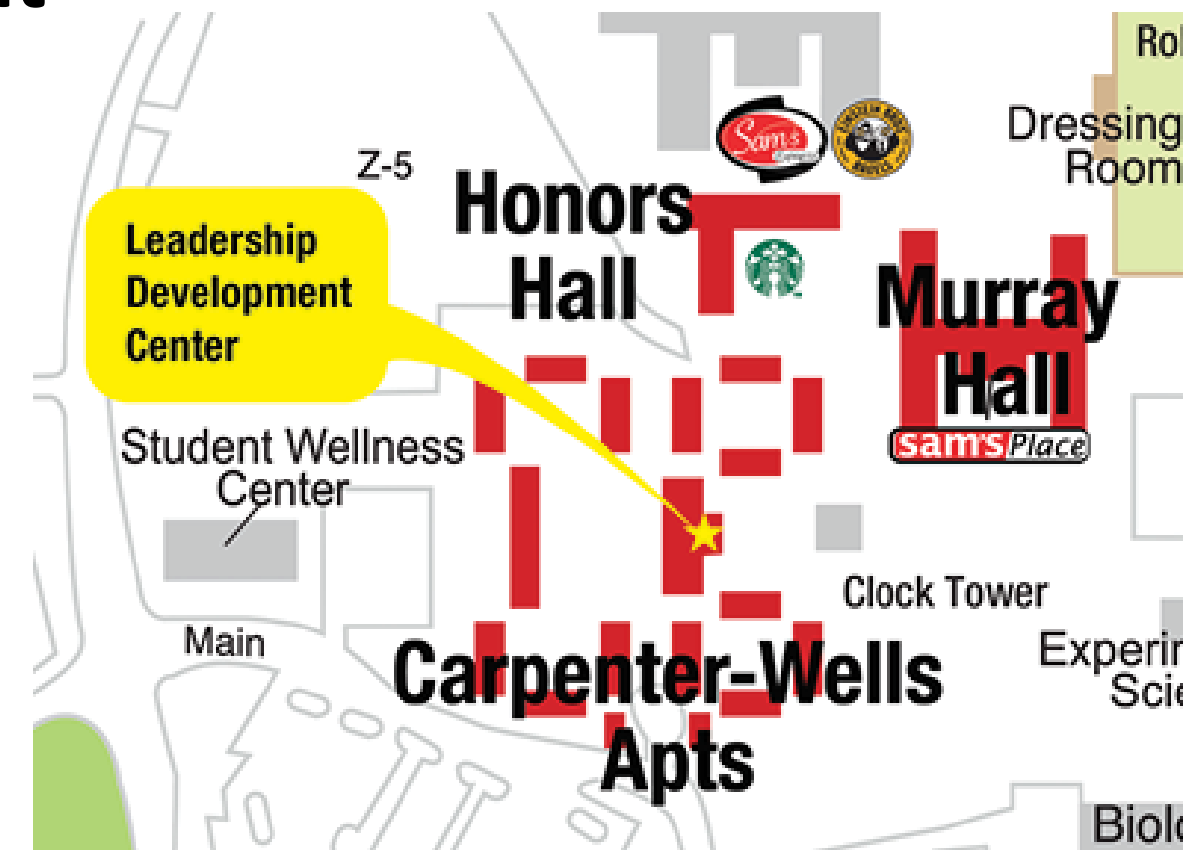
Unexpected Difficulties



Navigating & Connecting to Campus Life

Location:
**Leadership Development
Center
(Carpenter- Wells
Complex)
1st Floor**

Contact us at :
806.742.4129
Housing.cares@ttu.edu

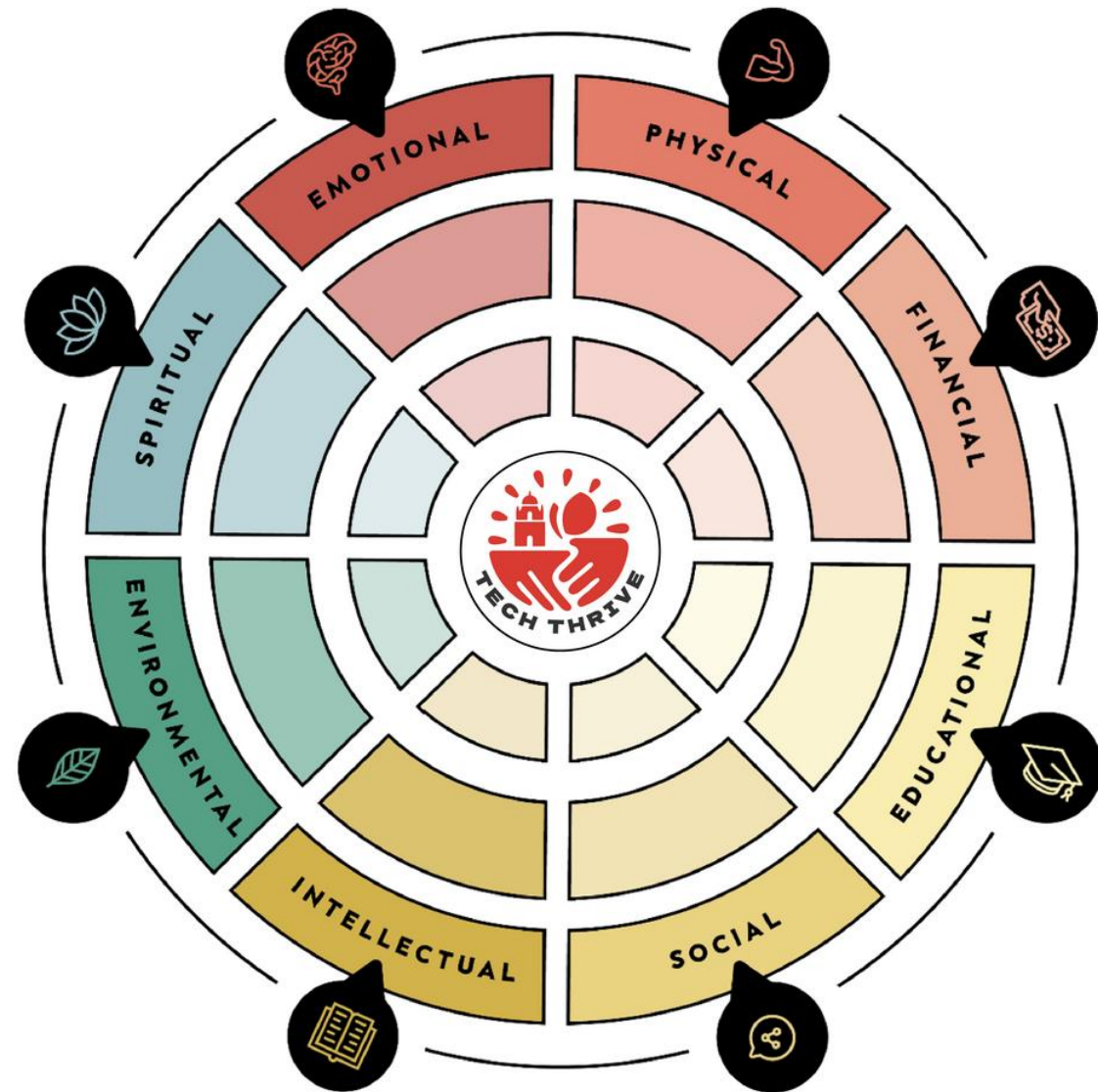


Question:

What is Texas Tech doing to support overall student wellbeing?

The 8 Dimensions of Wellness

(Swarbrick, 2006)



TechThrive Contact Information

For questions related to the Quality Enhancement Plan contact the following:

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Dr. Jaclyn Cravens Pickens
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Couple, Marriage, and Family Therapy
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Jill Stangl, J.D.
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Wellbeing Student Life
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TEXAS TECH™

Questions?

Use the Zoom Q&A feature

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**How did we do?
Take our quick survey!**

Parent & Family Relations | parent@ttu.edu
Student Counseling Center | www.depts.ttu.edu/scc
RISE | rise.ttu.edu
University Student Housing | housing.ttu.edu
TechThrive | www.ttu.edu/techthrive

