**24/7 Local Crisis Resources**

**StarCare Crisis Line:** 806-740-1414

* + Online: <http://www.lubbockmhmr.org/crisis_line/>
  + 904 Ave O, Lubbock TX 79408 (Open Mental Health Hours: Tu/Th 8AM)

**Covenant Medical Center ER:** 911

* + 3615 19th Street, Lubbock TX 79410

**Texas Tech Crisis Intervention Services:** 806-742-555

* + Online: <https://www.depts.ttu.edu/scc/For_Students/crisis.php>
  + Student Wellness Center Room 201 (Walk-In Crisis Hours M-F 8AM-5PM)

**Voice of Hope Lubbock** (Rape Crisis Hotline): 806-763-7273

* + Online: <https://www.voiceofhopelubbock.org/>

**Women’s Protective Services** (Crisis Intervention Hotline): 806-747-6491

* + Online: <https://www.wpslubbock.org/crisis-intervention/>

**TTU-Specific Resources**

**TTU Student Counseling Center:** 806-742-3674

* + Online: <https://www.depts.ttu.edu/scc/>

**TTUHSC Counseling Center** (anyone paid by TTU): 806-743-1327

* + Online: <https://www.ttuhsc.edu/centers-institutes/counseling/>

**Additional Local (Lubbock) Resources**

**Covenant Health Behavioral Health Services:** 1-800-972-7575

* + Online: <https://www.covenanthealth.org/our-services/behavioral-health/>

**Family Counseling Services:** 806-747-3488

* + Online: <http://www.fcslubbock.org/>

**Contact Lubbock (Suicide Prevention):** 806-765-8393

* + Online: <http://www.contactlubbock.org/>

**TTU Psychology Clinic:** 806-742-3737

* + Online: <https://www.depts.ttu.edu/psy/clinic/>

**TTU Couple, Marriage, and Family Therapy Clinic**: 806-742-3074

* + Online: <http://www.depts.ttu.edu/hs/mft/clinical_services.php>

**National/International Crisis Resources**

**National Domestic Violence Hotline:** 1-800-799-SAFE (7233)

* + For Deaf or Hard of Hearing (TDD): 1-800-787-3224

**National Suicide Prevention Lifeline:** 1-800-273-8255

* + Online Chat and Other Resources: <https://suicidepreventionlifeline.org/>
  + En Español: 1-888-628-9454
  + For Deaf and Hard of Hearing (TTY): 1-800-799-4889

**Crisis Text Line:** Text HOME to 741741

* + Online: <https://www.crisistextline.org/>

**Veterans Crisis Line:** 1-800-273-8255, Press 1

* + Online Chat and Other Resources: <https://www.veteranscrisisline.net/>
  + Text: 838255

**Trevor Project for LGBTQ Young People:** 1-866-488-7386

* + Online Chat and Other Resources: <https://www.thetrevorproject.org/>
  + Text: Text START to 678678

**Trans Lifeline:** 1-877-565-8860 (staffing 9AM-3AM Central by trans\* individuals)

* + Online: <https://www.translifeline.org/>

**Report Abuse, Neglect, or Exploitation**

**Department of Family and Protective Services TX Hotline:** 1-800-252-5400

* + Online: <https://www.dfps.state.tx.us/Contact_Us/report_abuse.asp>
  + You can also report to your local police department.

**Online Resources**

American Association of Suicidology: <https://suicidology.org/resources/>

American Foundation for Suicide Prevention: <https://afsp.org/find-support>

International Society for the Study of Self-Injury: <https://itriples.org/>

Live Through This: <https://livethroughthis.org/>

Now Matters Now: <https://www.nowmattersnow.org/>

Self-Injury Outreach and Support: <http://sioutreach.org/>

Self-Injury and Recovery Resources: <http://www.selfinjury.bctr.cornell.edu/>

Suicide Prevention Resource Center: <https://www.sprc.org/>

To Write Love on Her Arms: <https://twloha.com/find-help/>