

On Campus Resources

Student Counseling Center

SWC 201 | 806.742.3674

Individual and [group counseling](#) for Texas Tech students. Students who would like to initiate services with the SCC, please call the Student Counseling Center or email Debra Ashley (debra.ashley@ttu.edu) for further information. During regular business hours (M-F 8:00-5:00), the Student Counseling Center has therapists available to speak with you for a [crisis appointment](#). Call 742-3674 to arrange for a same-day telephone crisis appointment.

TTU Crisis HelpLine

806.742.5555 | 24/7/365

This is a 24-hour service to assist students experiencing a mental health or interpersonal violence crisis. It is staffed by licensed counselors at all times.

Self-Care in 2020: Weekly Group Discussion and Skill Building

Each Tuesday at 2pm, the Student Counseling Center and RISE host this virtual space to discuss the unique challenges of 2020 and share resources and support with students. To register, email Brittany.Todd@ttu.edu.

Question. Persuade. Refer. (QPR)

806.742.3676 | 806.742.2110

Suicide Gatekeeper training is open to all faculty, staff, and students at Texas Tech University. For the Fall 2020 semester, trainings will be held twice a month via Zoom. To register for the regularly scheduled training email Amanda.Wheeler@ttu.edu or contact RISE@ttu.edu for a group training.

Student Health Services

Student Wellness Center | 806.743.2848

The Primary Care Providers at Student Health Services treat mild to moderate mental health conditions using an [integrated mental health approach](#). Call to request a mental health screening/intake appointment or an alcohol/substance use assessment. Additional resources from Student Health Services can be found [here](#).

Office of the Dean of Students

SUB Suite 201 | 806.742.2984

The Office of the Dean of Students

Students of Concern

Case management, risk assessment, referrals, and early intervention for [Students of Concern](#). If you are concerned about a student, or would like someone from the Office of the Dean of Students to reach out to you, [file a Student of Concern Report](#).

Raider Red's Food Pantry

806.742.1932 | Doak 117

Stop by the food pantry, Doak Hall 117, during the [published hours of operation](#) and pick up a

pre-packaged bag of non-perishable items.

Raider Relief

806.742.2984 | SUB Suite 201

Assists students in financial crisis. [Fill out an application](#) or contact the Office of the Dean of Students for assistance.

Risk Intervention and Safety Education

Drane Hall 247 | 806.742.2110

RISE is empowering Texas Tech students to live vital, meaningful lives through comprehensive prevention education.

Suicide Prevention Resources

RISE offers education and resources for suicide prevention and hosts [Suicide Prevention Week](#) each September. Click the link above for more information.

Raider Restart: Alcohol and Other Drug Education and Intervention (BASICS)

Raider Restart is a program designed to provide individualized education for students about substance use and the impacts of alcohol and other drugs on one's health, wellness, and academic success. This program aims at helping students make safer, healthier choices and avoid the negative consequences substance use can bring. To schedule an individual appointment, email RaiderRestart@ttu.edu or visit our [website](#).

Raider Recharge: Wellness Coaching

Raider Recharge is a wellness coaching program available to all Red Raiders that focuses on personal growth through discussion, self-reflection, and interactive activities. To schedule an individual appointment, email RaiderRestart@ttu.edu.

Campus Inclusion Resource Team

The goal of the CIRT is to promote the University's stated commitment to diversity, equity, and inclusion, free speech, and academic freedom. [File a report](#) to have a member of the team contact you to connect you with resources and support.

Mental Health First Aid

806.742.2110

8-hour training for students, faculty, and staff. Call to schedule a training.

Family Therapy Clinic

Human Sciences 164 | 806.742.3074

For more information or to request an appointment, call the Family Therapy Clinic (806.742.3074). The Clinic Coordinator will ask for basic information about you and your concerns. Based on your needs, a therapist will then be assigned to work with you. In most cases, the 1st appointment will be scheduled the same week that you call. Fees are based on a sliding scale and start at \$10 per session.

Psychology Clinic

Psychology 111A | 806.742.3737

The clinic offers a broad range of outpatient mental health services, which include individual therapy, family therapy, couples therapy, and group therapy. The Psychology Clinic does not offer crisis or same-day services and fees are based on a sliding scale.

TTU Police Department

Emergency: 911 | Non: 806.742.3931

For all emergencies

The Center for Collegiate Recovery Communities

CCRC | 806.742.2891

Offers a community of support for students in recovery from addictive disorders and eating disorders.

Military & Veterans Programs

Drane Hall 147 | 806.742.6877

MVP assists veterans and their families in achieving academic, personal, and professional success.

Self-Help Resources

[Be a Hero: Suicide Prevention Tips](#)

[Mental Health Resources from RISE](#)

[Mental Health tips from the Student Counseling Center](#)

[Mental Health Resource Document](#)

[Crisis Support Resource Document](#)

Self-Help Therapy Assistance Online (TAO)

TAO is an online Self-Help platform of tools, information, and skills organized into engaging programs and exercises. [Click the link](#) to access the platform.

Online Education Modules for Texas Tech Students through Get Inclusive

Texas Tech has partnered with Get Inclusive to provide personalized courses for TTU students in a variety of topic areas. For more information or if you are having technical difficulties, email RISE@ttu.edu. Click the links to take the courses: [Inclusive Leadership](#), [Mental Well-Being for Undergraduate Students](#) and [Graduate Students](#), and [Voices for Change – Comprehensive Wellbeing](#).

Off Campus Resources

StarCare of Lubbock

806.740.1421 | 1950 Aspen Ave.

Psychiatric evaluation, medication management, rehabilitation, substance use services, hospital, 23-hour Extended Observation Unit, outpatient clinic, mental health first aid, youth empowerment, and more. Call to inquire about services.

[StarCare Crisis Line](#)

806.740.1414 | 800.687.7581

[Voice of Hope](#)

806.763.3232

Free individual counseling and group therapy for victims of sexual assault in Lubbock.

[Women's Protective Services](#)

806.747.6491

Non-profit organization specializing in advocacy for women, men, and children who have experienced domestic violence in Lubbock and the surrounding areas.

[Lubbock Crisis Line](#)

806.765.8393

[National Suicide Prevention Lifeline](#)

1.800.273.TALK (8255) | 1.888.628.9454 (en español)

[Crisis Text Line](#)

Text "hello" to 741741

[Veterans Crisis Line](#)

1.800.273.8255 (Press 1)

[The Trevor Project](#)

1.866.488.7386

For LGBTQ community and youth

[Trans Lifeline](#)

877.565.8860

Trans Lifeline's Hotline is a peer support service run by trans people, for trans and questioning callers.

[The Jed Foundation](#)

Text "START" to 741-741 or call 1-800-273-TALK (8255)

[Texas COVID-19 Mental Health Support Line](#)

833.986.1919

24/7 statewide hotline to help Texans experiencing anxiety, stress or emotional challenges due to the COVID-19 pandemic. This new resource offers COVID-19-related mental health support for all Texans.