

MENTAL HEALTH RESOURCES

ON CAMPUS RESOURCES

Texas Tech University Dean of Students

806.742.2984 / SUB Suite 201
Crisis support for students of concern

Student Counseling Center 806.742.3674 / SWC 201

Clinic Hours: M-F 12:30-3:30
Free individual, partner, and group counseling.
Call to schedule an appointment

Family Therapy Clinic

806.742.3074 / Human Sciences 164
\$10 per session for TTU students.
Call to schedule an appointment

Psychology Clinic

806.742.3737 / Psychology 1st Floor
Call to schedule an appointment

Risk Intervention & Safety Education (RISE)

806.742.2110 / Drane Hall 247
Prevention education; workshops & training

Question. Persuade. Refer.

806.742.2110 / 806.742.3674
Suicide prevention and intervention skills training.
Offered by RISE and the SCC.

Raider Recharge

806.742.2110
1-1 wellness coaching for students utilizing a holistic,
strengths based approach to well-being

Therapy Assistance Online (TAO)
<https://www.depts.ttu.edu/scc/tao/>

OTHER RESOURCES

StarCare 24/7 Crisis Line

Lubbock: 806.740.1414
Toll-free: 800.687.7581

United States Crisis Text Line

Text HOME to 741741

National Suicide Prevention Lifeline

1.800.273.8255

National Suicide Prevention Lifeline and Chat

1.800.799.4889

The Trevor Project

1.866.488.7386
Free Crisis helpline for LGBTQIA+ youth

Voice of Hope

806.763.3232
www.voiceofhopelubbock.org
Free individual counseling and group therapy
for victims of sexual assault

**Emergency Medical Services,
Fire, or Police**
Dial: 911



RISE

HELPING A FRIEND

1. RECOGNIZE SIGNS AND RESPOND

- verbal cues: hopeless, helpless, trapped
 - withdrawing or isolating
- changes in mood, sleep, or substance use
 - giving away important possessions
- looking for and obtaining necessary items
 - talking about death or dying

3. MAKE A REFERRAL

- reach out to any one of the resources on the front page
- offer to go with them

2. TAKE ACTION

- ask directly about suicide
 - express concern
- listen with empathy and NO judgement
 - remind them help is available
 - remind them that they are not alone

 Call the Texas Tech
CRISIS HELPLINE
806.742.5555

24/7/365 ASSISTANCE FOR STUDENTS EXPERIENCING:
MENTAL HEALTH CRISIS | SUICIDAL THOUGHTS | SEXUAL ASSAULT | INTERPERSONAL VIOLENCE