

ARE YOU OR A FRIEND IN DISTRESS?



WARNING SIGNS:

EXTREME CHANGES IN:

mood
sleep
substance use

FEELING:

hopeless
helpless
trapped

OR ARE:

anxious
depressed
withdrawing
isolating

REACH OUT OR FILE A REPORT:

Student Counseling Center

806.742.3674 / SWC 201

Walk-In Clinic Hours: M-F 12:30-3:30

Psychology Clinic

806.742.3737/ Psychology 111A

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

Student Health Services

806.743.2848 / SWC 1st floor

Fully staffed medical clinic

Texas Tech Crisis Helpline

806.742.5555

24/7 speak with a counselor

Texas Tech Police Department

Emergency: 911

Non Emergency: 806.742.3931

Texas Tech University Dean of Students

806.742.2984 / SUB Suite 201

Crisis support for students of concern

Raiders Report

Can the university help you or a friend in distress? Yes! File a report:

http://www.depts.ttu.edu/dos/report_a_concern.php

Raider Red's Food Pantry

806.742.1932/ Doak Hall 117

Foodpantry@ttu.edu

The Center for Collegiate Recovery Communities

806.742.2891

hs.webmaster@ttu.edu

Housing Staff

Contact resident hall staff 24/7

See a community advisor

Risk Intervention & Safety Education (RISE)

806.742.2110 / Drane Hall 247

Prevention education: workshops and coaching

WE ARE HERE TO HELP!