Local Resources

Some of the free local resources

- New River Valley Community Services
- Women's Resource Center of NRV

Local Hotlines

- Raft Crisis Hotline: **540-961-8400.**
- Women's Resource Center-Domestic Violence: **540- 639-9592**
- National Suicide Prevention Hotline **1-800-273-8255**

Some General Resources

- http://www.suicide.org/index.html
- http://ibpf.org/resource/list-international-suicide-hotlines
- https://suicidepreventionlifeline.org/
- https://en.wikipedia.org/wiki/List_of_suicide_crisis_lines
- http://www.suicidestop.com/call_a_hotline.html
- http://worldhelplines.org/

Comprehensive list of Resources for Virginia Tech students

- Individual Services
  - Counselors, Psychiatric Care, 24-Hour Crisis Support - Cook Counseling Center
  - TimelyCare - Virtual mental health support with counselors, a TalkNow option, health coaching, and more
  - Academic Support, Crisis Support - Dean of Students
  - Accommodations and Resources - Services for Students with Disabilities
  - Gender-based Violence Support and Advocacy - Women's Center at Virginia Tech
  - 24-Hour call line - NRVCS (Not VT affiliated)

- For Group Services
  - Group Therapy - Cook Counseling Center
  - Support Groups - Non-clinical, staff facilitated
  - Cultural and Community Centers

    - Interfaith Programming
    - Recovery Community at Virginia Tech
    - FEELS Support Circle - Led by students for students

- Opportunities to learn
    - Resiliency Workshops - Self-care, emotional awareness, social connection, etc.
    - Mental Health Workshops - Depression, anxiety, motivation, and more
    - Health and Wellness Workshops - Helping friends in distress, sleep, unwinding offline, etc
    - Koru Mindfulness Series
    - Happiness Groups
    - Bystander Support Workshops - Hokie Collective
    - Distress Guide - Help others find support.

- Become Involved
    - Peer Education Teams - Paraprofessional experience specializing in a variety of health and wellness areas
    - Student Organizations - Mental health focus
    - Involvement Advising - Student Engagement and Campus Life
    - Mental Health Coalition - Represent your student group
    - Intramural Sports
    - Sport Clubs
    - Service Learning and Civic Engagement - VT Engage
    - Meraki LLC - Wellness Living-Learning Community
    - Experience VT - Co-curricular involvement

UNITED STATES OF AMERICA

- EMERGENCY CALL- 911
- SUICIDE PREVENTION HOTLINE - 988
- CRISIS TEXT LINE - 741741 (Anywhere in USA)
- National Suicide Prevention Lifeline - 1-800-273-8255
- Hotline - 1-800-784-2433
- The Trevor Project (LGBT+ Helpline) - 1-866-488-7386

#mental health

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