

# 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](https://en.wikipedia.org/wiki/List_of_suicide_crisis_lines)
- [http://www.suicidestop.com/call\\_a\\_hotline.html](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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