

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

Revision #7

Created 11 June 2023 17:18:06 by Marx

Updated 11 July 2023 21:11:45 by Marx