



COMMUNITY WELLNESS RESOURCES

*Health Promotion, Counseling Services, Sexual Assault Support and Prevention,
Suicide Prevention*

FOR EMORY STUDENTS

- **Counseling and Psychological Services (CAPS):** 404-727-7450;
<http://counseling.emory.edu/>
 - Anonymous online self-assessment: <http://counseling.emory.edu/services/self-evaluation.html>
- **Talk Now-unlimited 24/7 Mental Health Support** | *(Service also available to students outside of the US)*
 - <https://timely.md/faq/emory/>
 - Unlimited, global access emotional support
 - In real time, within 1-hour response
 - First 12 sessions are free, beyond 12 sessions additional costs will be incurred
- **Student Health Services:** 404-727-7551; <http://studenthealth.emory.edu/hs/>
- **Student Intervention Services (SIS) Team:** 404-430-1120;
<http://success.emory.edu/SIS/index.html>
- **Aetna Student Health Insurance Plan:** 877-261-8403;
<https://www.aetnastudenthealth.com/en/school/686178/index.html>
- **HelpLine:** Peer counseling, 8:30pm-1:00am; 404-727-HELP (4357)
- **Crisis Text Line:** Text HOME to 741741; Students of color can text STEVE to 741741
- **TrevorLifeline/TrevorChat/TrevorText (LGBTQ):** 1-866-488-7386 or text "START" to 678678 (Available 24/7)
- **The Trans Lifeline:** 877-565-8860; <https://www.translifeline.org>
- **The Office of Respect** (a division of the Office of Health Promotions):
 - A 24-hour support resource that helps Emory students impacted by interpersonal violence. It is free and confidential. They have advocates available to help you learn about options and your rights, can assist with safety planning, provide support, legal and medical accompaniment, and/or academic assistance.
 - <http://success.emory.edu/respect/index.html>
 - **RESPECT HotLine:** 24/7 advocate support; 470-270-5360;
<http://success.emory.edu/respect/advocacy.html>
- **Office of Title IX:** Support for the victims of sexual assault or misconduct
 - **To file a complaint:** <http://equityandinclusion.emory.edu/title-ix/index.html>

FOR EMORY FACULTY & STAFF

- **Faculty Staff Assistance Program (FSAP):** 404-727-WELL (9355);
<http://www.fsap.emory.edu/>
 - Anonymous Online Self-Assessment:
<https://screening.mentalhealthscreening.org/EMORY>
- **Aetna Behavioral Mental Health:** 800-847-9026
 - HSA: https://hr.emory.edu/eu/_includes/documents/sections/benefits/spd-hsa-plan.pdf (pg. 34 & 35)
 - POS: https://hr.emory.edu/eu/_includes/documents/sections/benefits/spd-pos-plan.pdf (pg. 33 & 34)

FOR ALL

- **Emory Department of Psychiatry:** 404-778-5526;
<http://www.psychiatry.emory.edu/programs/index.html>
- **Emory Psychological Center:** 404-727-7451;
<http://psychology.emory.edu/home/about/psychological-center/index.html>
- **Emory Healthcare Veterans Program:** 888-514-5345;
<http://www.emoryhealthcare.org/centers-programs/veterans-program/index.html>
- **Veterans Crisis Line:** 1-800-273-8255; Text 838255; <https://www.veteranscrisisline.net/>
- **VA Suicide Prevention:** Information and resources;
https://www.mentalhealth.va.gov/suicide_prevention/
- **Grady Nia Project:** 404-616-2897;
<http://psychiatry.emory.edu/niaproject/services/index.html>
- **National Suicide Prevention Lifeline:** 1-800-273-TALK (8255) OR 988;
<http://suicidepreventionlifeline.org/>; *as of 7/16/2020 all phone service providers must begin directing all calls to 988 to the National Suicide Prevention Lifeline by 7/16/2022 - during the transition continue to call 1-800-273-TALK (8255)*
- **National Alliance on Mental Illness:** 800-950-NAMI (6264); Text NAMI to 741741;
<https://www.nami.org/>
 - **NAMI Georgia:** 770-234-0855; <https://namiga.org/>
 - **Educational classes and support groups:** <https://www.nami.org/Find-Support/NAMI-Programs>
 - **LGBTQ Community:** <https://www.nami.org/Find-Support/LGBTQ>
- **National Organization for People of Color Against Suicide:** <http://nopcas.org/>
- **American Foundation for Suicide Prevention:** <https://afsp.org>
 - Tips for conversations about mental health: <https://afsp.org/story/how-to-start-and-continue-a-conversation-about-mental-health-a-realconvo-guide-fr>
- **QPR Institute – 3 steps to help save a life:** Question, Persuade, Refer (suicide prevention); <https://qprinstitute.com/>