

William & Mary Resources to help students navigate emotional/psychological, physical/ medical, material/accessibility concerns

The following information is provided by W&M's Suicide Prevention Coalition, which includes representatives of W&M's Care Support Services and Counseling Center.

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William & Mary recognizes that students juggle different responsibilities and can face challenges that make learning difficult. Asking for help is a sign of courage and strength. If you or someone you know is experiencing any of these challenges, we encourage you to reach out to the following offices:

• **For psychological/emotional stress**

- Please consider reaching out to the [W&M Counseling Center](#); or (757) 221-3620, 240 Gooch Dr., 2nd floor. Services are free and confidential.
- The center offers individual, couples and group counseling
- Make [Appointments](#) by calling Monday - Friday from 8 AM - 5 PM at (757) 221-3620.
- The center also offers [Workshops, Mini-Series, & Supportive Outreach](#)
- Download the [TimelyCare app](#) today! It's your **free virtual mental health and well-being service platform**, available 24/7, 365 days of the year to W&M students. Search "TimelyCare" in your app store. Then, register with your student email to access these services.

• **For physical/medical concerns**

- Please consider reaching out to the [Student Health Center](#) (757) 221-4386, 240 Gooch Drive.

• **For additional support**

- Submit a Care Concern with [Care Support Services](#), call 757-221-2511, or email care@wm.edu.

• **Other resources** available to students,

- [Health and Wellness Resources for Students](#):
 - **Mental Health Crisis**: call, text, or chat: **988** (toll free): [Lifeline \(988lifeline.org\)](https://www.lifeline.org)
 - [Suicide Prevention at W&M](#)
 - [Active Minds - TribeLink](#)
 - [Sexual Violence Prevention at W&M](#)
 - [Student Center for Inclusive Excellence at W&M](#)
 - [Virginia Transgender Resource And Referral List](#)



IT'S
OK
TO NOT BE OK

W&M COUNSELING CENTER

Call 757-221-3620 to request an emergency or urgent appointment (Monday through Friday 8 am to 5 pm)

PROTOCOL

After hours, evenings, weekends and holidays
757-221-3620

NATIONAL SUICIDE PREVENTION LIFELINE

Toll Free 988 (call, text or chat) or
800-273-TALK (8255) (available 24/7)

CRISIS TEXT LINE

Text "START" to 741741 (available 24/7)

W&M POLICE DEPARTMENT

Call 757-221-4596 (or 911) for a life threatening emergency