

MENTAL HEALTH REFERRALS

IS IT AN EMERGENCY? ARE YOU, OR SOMEONE AROUND YOU, IN EMINENT PHYSICAL DANGER?
 IN AN EMERGENCY SITUATION, WUPD MAY NEED TO BE DISPATCHED TO ENSURE THE SAFETY OF ALL INVOLVED.

YES

HELPLINES

HABIF

Habif offers day-of-emergency appointments during business hours. **For an emergency visit, call (314) 935-6695.**

PROVIDENT

An immediate-service helpline that connects you with a trained therapist. Call **(314) 935-6666** when Habif is closed.

TEXTLINES

CRISIS TEXT LINE

Text counseling from trained crisis counselors; text **HOME** to **741741**.

STEVE FUND

Text counseling for students of color from culturally trained crisis counselors; text **STEVE** to **741741**.

WUPD

If needed, WUPD is trained to deescalate crisis situations. They can be reached at **(314) 935-5555**.

NO

WHAT TYPE OF CARE MAKES THE MOST SENSE FOR YOU? ONGOING OR IMMEDIATE?

FULL-SERVICE MENTAL HEALTH CARE

ONGOING, SHORT-TERM CARE

I DON'T KNOW

IMMEDIATE SUPPORT

GENERAL MENTAL HEALTH

HABIF MENTAL HEALTH SERVICES (MHS)

Offers counseling, medication management, and group therapy services. Full time students can have up to 9 sessions a year. More information can be found at habif.wustl.edu. To make an appointment, call **(314) 935-6695** as early as possible the day you want to be seen.

IT'S OKAY NOT TO KNOW!

To talk through your options please feel free to contact Habif's Mental Health Services Coordinator, Chrishton Newton, at **(314) 935-6695**.

PROFESSIONAL SUPPORT

WHEN HABIF IS OPEN

LET'S TALK

A drop-in service where you can have an informal consultation with a counselor
students.wustl.edu/lets-talk/.

WHEN HABIF IS CLOSED

PROVIDENT

An immediate-service helpline that connects you with a trained therapist. Call **(314) 935-6666** when Habif is closed.

SEXUAL/RELATIONSHIP VIOLENCE

RSVP CENTER

Counseling on issues such as rape and sexual or interpersonal violence. For an appointment, call **314-935-3445** or email rsvpcenter@wustl.edu.

PEER SUPPORT

GENERAL MENTAL HEALTH

UNCLE JOES

Mental health counseling from well-trained peers; call **(314) 935-5099**; open 24/7 during the school year.

OFF-CAMPUS SUPPORT

OFF-CAMPUS REFERRAL SYSTEM

Visit wustl.rints.com to search for providers based on your needs (including diagnosis and provider gender/race). Still having trouble finding what you're looking for? Contact Missy Showalter at m.showal@wustl.edu.

SEXUAL/INTERPERSONAL VIOLENCE

SARAH

Rape, sexual violence, and IPV counseling from well-trained peers; call **(314) 935-8080**; open 24/7 during the school year.

ONLINE

ON DEMAND, ONLINE

TAO (THERAPY ASSISTANCE ONLINE)

TAO connects you to effective treatment that you can access at your own pace individually, or under the supervision of a counselor. To sign up, go to us.taoconnect.org/register.

OFF-CAMPUS SUPPORT

ONLINE THERAPY SEARCH ENGINES

Obviously, **Google** is helpful, but psychologytoday.com and zocdoc.com are great places to start.