Campus well-being and mental health resources
October 9, 2020 Faculty Council meeting

From Desirée Rieckenberg, Dean of Students
- Care Referral Form: https://odos.unc.edu/carereferral
- University Approved Absence Office: https://uaao.unc.edu/university-approved-absences-request/
- CV19 Student Care Hub: https://keeplearning.unc.edu/
- Student Emergency Fund: https://odos.unc.edu/student-support/student-emergency-fund

From Allen O'Barr, Director of Counseling and Psychological Services (CAPS)
- https://CAPS.unc.edu
- CAPS phone number: 919-966-3658

From Samantha Meltzer-Brody, Professor of Psychiatry
- Psychiatry Resources: www.med.unc.edu/psych/

From Mitch Prinstein, Professor of Psychology and Neuroscience and Assistant Dean for Honors Carolina

Find A Therapist (and Related Resources)
1. CAPS: https://caps.unc.edu/
   - Links to FAQ https://caps.unc.edu/about-us/frequently-asked-questions-and-myths-about-caps
2. Community Clinic (small fee) https://clinic.unc.edu/
3. Peer2Peer for anonymous support and resources from a fellow student.
4. Student Wellness: https://studentwellness.unc.edu/
   - Here are links for meditation, mindful movement, self-compassion and emotional wellness
5. UNC Learning Center has some great PDFS and links
6. Find a therapist https://www.abct.org/Home/
7. Compass Center, https://www.compassctr.org/about
Resources for Underrepresented Students

1. Association of Black Psychologists Directory
2. Inclusive Therapists
3. Innopsych
4. LGBTQ Psychotherapists of Color Directory
5. National Queer and Trans Therapists of Color Network
6. Psychology Today Directory of African American Therapists
7. Therapy for Black Men

Hotlines

1. National Suicide Prevention Lifeline
   - 1-800-273-TALK (1-800-273-8255)
2. Hopeline Suicide Hotline
   - 1-800-SUICIDE (1-800-784-2433)
3. Trans Lifeline
   - 877-565-8860
4. Lifeline CrisisChat
   - http://www.crisischat.org/chat/
5. IMAlive
   - https://www.imalive.org/
6. Crisis Text Line
   - Text “Start” to 741-741
   - http://www.crisistextline.org/get-help-now/
7. S.A.F.E. (Self-Abuse Finally Ends) Alternatives Information and Referral Line
   - 1.800.DONT.CUT (366-8288)
8. National Domestic Violence Hotline
   - 1-800-799-SAFE (1-800-799-7233)
9. National Sexual Assault Hotline
   - 1.800.656. HOPE (4673)
10. Rape Crisis Lines
    - Chapel Hill: 1-866-WeListen
    - Raleigh: 919-618-RAPE
    - Durham: 919-688-2883
    - Orange Country Rape Crisis Center website: http://www.ocrcc.org/
11. Nutrition and Eating Disorders
    - 1-630-577-1330