

VIRTUAL RESOURCES FOR MENTAL HEALTH SUPPORT

Emotional distress and domestic turmoil can get worse during isolation and social distancing due to the COVID-19 pandemic. Please take good care of yourself and each other during these turbulent times.

Please click on the links below (underscored in blue) if you would like to visit the website to learn more about the services listed.

If you are experiencing an emergency, call 911.

Emotional Distress

- **[The Health and Counseling Center \(HCC\)](#)**
 - All appointments are now phone visits for (Health and) Counseling Services. To schedule an appointment, please call the Health and Counseling Center at **503-943-7134**. They are still open normal hours on Monday-Friday, 8:30 a.m. to 4:30 p.m. Send an email with questions to hcc@up.edu or visit their website for more information.
 - To speak to a **[ProtoCall](#)** counselor after-hours, please call the number above and choose **Option 3**.
- **[Early Alert](#)**
 - UP's Early Alert program and the Care Team are still active, so please consider submitting an Early Alert if you are concerned about the physical, emotional, academic, financial, housing, or personal wellbeing of a student.
- **[Lines for Life](#)** *This hotline is anyone in emotional distress who seeks someone to talk to. Please follow link to find other hotlines for peer youth support, senior loneliness, alcohol and drug issues, and more.*
 - Call **1-800-273-TALK** (8255). There is also **[Lifeline Chat](#)**.
- **[Crisis Text Line](#)**
 - Text "HOME" or "START" to **741-741** to reach the Crisis Text Line. You can also reach them on Facebook Messenger.
- **[The Trevor Project](#)** *24/7 help for those a part of the LGBTQ+ community*
 - TrevorLifeline: Call **1-866-488-7386**; TrevorText: Text START to **678-678**
 - (Please see website details about TrevorChat for computer communication and TrevorSpace for social networking)

Domestic or Sexual Violence

- **[Call to Safety 888-235-5333](#)** *24/7 help for anyone experiencing domestic or sexual violence or stalking*
 - National Sexual Assault 24-Hour Hotline: **800-656-HOPE (800-656-4673)**
 - National Domestic Violence 24-Hour Hotline: **800-799-SAFE (800-799-7233)**

Teletherapy

Many face-to-face psychotherapists are now offering teletherapy by chat, video, or phone to existing clients. If you are looking for new counselor, please find some resources below.

[Psychology Today](#) now has an easy way to find counselors that do online/phone counseling

[BetterHelp](#) and **[TalkSpace](#)** were established to provide online professional counseling

Compiled by UP's Academic Mental Health Network. Please email amhn@up.edu with any questions, suggestions, or concerns.