

MENTAL HEALTH & CRISIS RESOURCES / CUPA – Bloomsburg - Counseling Services

Currently enrolled students can always call Counseling Services: Our office in 240 Warren Student Services Center is open 8:00 am – 4:30 pm on weekdays, Fall & Spring semesters; Summer & Winter hours may vary.

570-389-4255 Counseling@bloomu.edu
<https://www.bloomu.edu/offices-directory/counseling-and-human-development>

If it's after hours, a weekend, or a time when classes aren't being held, students can call TAPLINE at **1-800-222-9016** to connect with local crisis intervention specialists. These services are free. Students can also call Bloomsburg Campus Police at 570-389-2211. Also, anyone can text/call 988, the National Suicide Prevention & Crisis Lifeline, for free mental health help 24/7.

There are other wonderful resources for people who are struggling with all kinds of mental health issues. All these resources are **free** and are staffed by non-judgmental, caring, trained people. *Please note that not all services that advertise themselves as offering help online for people struggling with mental health issues are professionally staffed. Counseling Services recommends the sites listed below.*

The **National Suicide Prevention & Crisis Lifeline** is now 988. It is free and available 24/7. You can call for help for yourself or for someone else.

PHONE or TEXT: 988 ONLINE CHAT: <https://988lifeline.org/chat/>
<https://988lifeline.org/>

The **JED Foundation** has services particularly for teens and young adults, including college students. They have a text lifeline and an excellent website.

TEXT: Text HOME to 741741 <https://www.jedfoundation.org/>

The **Steve Fund** is the nation's leading organization focused on supporting the mental health and emotional well-being of young people of color.

Text STEVE to 741741 <https://stevefund.org/>

The **Trevor Project** is especially for LGBTQ youth (including college students). Includes a hotline, text services, confidential online chat with counselor, and a great website.

PHONE: 1-866-488-7386 (toll-free) TEXT: 678678
ONLINE CHAT: <https://www.thetrevorproject.org/get-help/>
<https://thetrevorproject.org>

The **Trans Lifeline** is a trans-person-led crisis line and excellent website.

PHONE: 1-877-565-8860 WEBSITE: <https://translifeline.org/>

The **Veteran's Crisis Line** offers phone services, text services, confidential online chat, and tons of online resources specifically for veterans.

PHONE: 988, then press 1 TEXT: 838255
ONLINE CHAT: <https://www.veteranscrisisline.net/get-help/chat>
WEBSITE: <https://www.veteranscrisisline.net/>