

Resources at William & Mary 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 [W&M Health Center](#) (757) 221-4386, 240 Gooch Drive.
- **For additional support or resources,**
 - please contact the **Dean of Students** by submitting a Care Report at [Care Support Services | William & Mary](#); or by calling 757-221-2510, or by emailing deanofstudents@wm.edu.
- **For a list of many other resources** available to students,
 - see [Health and Wellness Resources for Students](#), including:
 - For **mental health crisis services**: call, text or chat: **988** (toll free): [Lifeline \(988lifeline.org\)](#)
 - [Suicide Prevention | William & Mary \(wm.edu\)](#)
 - On-line mental health screening tool: [Help Yourself. Help Others. \(helpyourselfhelpothers.org\)](#)
 - [Active Minds - TribeLink \(wm.edu\)](#)
 - Sexual Violence Prevention: [Sexual Violence | William & Mary \(wm.edu\)](#)
 - [Services for Multicultural Students | William & Mary \(wm.edu\)](#)
 - [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