

Dear Students,

We understand that college life can be challenging and stressful at times. Your mental health is important to us, and we want to ensure you have access to the resources you need for support. Below are some services available to you:

Counseling Services

Our campus counseling center provides confidential support and counseling services. You can schedule an appointment by calling **(123) 456-7890** or visiting us at **Building A, Room 101**.

Crisis Hotline

If you are in need of immediate support, please contact the National Suicide Prevention Lifeline at **1-800-273-TALK (1-800-273-8255)** which is available 24/7.

Online Resources

Explore these online platforms for mental health resources and guidance:

- [National Alliance on Mental Illness \(NAMI\)](#)
- [MentalHealth.gov](#)
- [BetterHelp - Online Therapy](#)

Peer Support Groups

Join our weekly peer support groups every Wednesday at 5 PM in **Room B, Student Center**. It's a safe space to share and connect with fellow students.

Remember, it's okay to ask for help. You are not alone, and we are here to support you.

Take Care,

The Student Wellness Team