

Mental Health Support

MEETING YOU **WHEREVER** YOU ARE



My SSP connects students with free, confidential emotional health and wellbeing support conveniently available 24/7 via app, telephone and web. Available in more than 20 different languages.

Register online by selecting Texas Tech University.
<https://myssp.app/ca/signup>



Togetherall is a safe, online community to share feelings anonymously and get support to improve mental health and wellbeing. In the community people support each other, safely monitored by mental health practitioners.

Create an account with your TTU e-mail by selecting "I'm from a university."
<https://account.v2.togetherall.com/register>



Therapy Assistance Online (TAO) is an interactive, web-based program that provides well-researched and highly effective strategies to help overcome anxiety, depression and other common concerns.

Register online with your e-raider account.
<https://us.taoconnect.org>



Raider Recharge is a one-on-one wellness coaching program available in-person or through Zoom providing education on holistic health, mental health, and self-care. This is an individualized session catered to each student's specific needs.

Email rise@ttu.edu to schedule a session.



Manage Your Mood is a four-week life skills workshop led by Texas Tech counselors that is designed to address mild depression, excessive worry, and anxiety.

Now recorded and made available online.
<https://www.depts.ttu.edu/scc/BBF.php>



Raider Restart is a harm reduction course for alcohol & cannabis use including one-on-one discussions with trained facilitators who guide a healthy, judgement-free conversation around one's own substance use.

Book an appointment online at depts.ttu.edu/rise/RaiderRestart.php or email raiderrestart@ttu.edu.



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