



Your Guide to Well-Being  
At Texas Tech University

**Support at  
Every Step**

## **Mental Health Resource Document**

### **Mental Health Tips from the Student Counseling Center**

### **Mental Health Resources from RISE**

#### **Raider Red's Food Pantry**

806.742.1932 | Doak 117

Pick up free non-perishable items

#### **Risk Intervention & Safety Education (RISE)**

806.742.2110 | Drane Hall 247

Empowers students via prevention education

#### **Military & Veterans Programs (MVP)**

806.742.6877 | Drane Hall 147

Assists veterans and their families achieve academic, personal, and professional success

#### **Online Modules for Texas Tech Students via Get Inclusive**

Inclusive Leadership Course

Mental Well-Being for Undergraduate Students Course

Mental Well-Being for Graduate Students Course

Voices for Change - Comprehensive Well-Being

#### **JED Foundation**

Text "start" to 741741

or call 1.800.273.TALK (8255)

**Help When  
You Need It**

**Raider Restart**

Alcohol and other drug education and intervention via the BASICS program. Provides individualized education about substance use and its impact on one's health, wellness, and academic success. Email RaiderRestart@ttu.edu to schedule an appointment

**Raider Recharge Wellness Coaching**

Focuses on personal growth through discussion, self-reflection, and interactive activities. Email RaiderRestart@ttu.edu to schedule an appointment

**Campus Inclusion Resource Team**

Promotes TTU's commitment to diversity, equity, and inclusion, free speech, and academic freedom. File a report to have a team member contact you with support and resources

**The Office of the Dean of Students**

806.742.2984 | SUB Suite 201

**Students of Concern**

Case management, risk assessment, referrals, and early intervention for Students of Concern. If you are concerned about a student or would like someone to reach out to you, file a Student of Concern Report

**Student Counseling Center**

806.742.3674 | SWC 201

Individual and group counseling for Texas Tech students. Crisis appointments available from 9-5 M-F. Call to schedule a same-day crisis appointment or to schedule your first appointment

**Psychology Clinic**

806.742.3737 | Psychology 111A

Offers a variety of outpatient services including individual therapy, family therapy, couples therapy, and group therapy. No crisis services available and fees are based on a sliding scale

**Family Therapy Clinic**

Human Sciences 164 | 806.742.3074

Call to set up an appointment. Fees on a sliding scale and start at \$10 per session

**Student Health Services**

806.743.2848 | Student Wellness Center

Treats mild mental health conditions using an integrated mental health approach. Call to set up an appointment or an alcohol/substance use assessment

**Therapy Assistance Online (TAO)**

Free self-help platform of tools, information, and skills

**The Time  
To Reach Out  
Is Now**

**TTU Crisis Helpline - 24/7/365**  
806.742.5555

**Lubbock Crisis Line**  
806.765.8393

**National Suicide Prevention Lifeline**  
1.800.273.TALK (8255)  
1.888.628.9454 - en Espanol

**Crisis Text Line**  
Text "hello" to 741741

**Veterans Crisis Line**  
1.800.273.8255 (Press 1)

**The Trevor Project**  
1.866.488.7386  
For LGBTQ community and youth

**Trans Lifeline**  
877.565.8860  
Peer support service run by trans people for trans and questioning callers

**TX COVID-19 Mental Health Support Line**  
833.986.1919  
24/7 statewide hotline for Texans experiencing anxiety, stress, or emotional challenges due to the COVID-19 pandemic

**StarCare Crisis Line**  
806.740.1414 | 800.867.7581

**Suicide Prevention Resources from RISE**

**Crisis Support Resource Document**

**Raider Relief**  
SUB Suite 201 | 806.742.2984  
Assists TTU students in a financial crisis

**TTU Police Department**  
Emergency: 911 | Non: 806.742.3931

**StarCare of Lubbock**  
1950 Aspen Ave. | 806.740.1421  
Psychiatric evaluation, medication management, rehabilitation, substance use services, hospital, 23-hour Extended Observation Unit, outpatient clinic, mental health first aid, & more. Call for services

**Voice of Hope**  
806.763.3232  
Free counseling for sexual assault victims in Lubbock

**Women's Protective Services**  
806.747.6491  
For anyone who has experienced domestic violence in Lubbock

**Hope For  
The Future**



**The Center for Collegiate  
Recovery Communities**

CCRC | 806.742.2891

Offers a community of support for students in recovery from addictive disorders and eating disorders

**Teaching with Intention:  
Cultivating Well-Being in  
Learning Environments**

806.742.2110

Presentation for faculty and staff on integrating empathy and well-being into the classroom. Call to schedule a presentation

**Question. Persuade. Refer.  
(QPR)**

806.742.3676 | 806.742.2110

Suicide gatekeeper training. To register for a training, contact [amanda.wheeler@ttu.edu](mailto:amanda.wheeler@ttu.edu) or [rise@ttu.edu](mailto:rise@ttu.edu)

**Mental Health First Aid**

806.742.2110

8-hour training for students, faculty, and staff. Call to schedule a training

**Be a Hero: Suicide Prevention  
Tips**

To learn more, visit  
[ttu.edu/wellbeing](https://ttu.edu/wellbeing)