

# *Depressed, stressed, or anxious? Concerned about yourself or a friend?*

Don't wait – call or text for help right away!

UMassAmherst  
Center for Counseling  
& Psychological Health

## **CENTER FOR COUNSELING AND PSYCHOLOGICAL HEALTH**

- Services for **all UMass students**, wherever you live or study
- Consultations and crisis intervention – same-day appointments available  
**[umass.edu/counseling](http://umass.edu/counseling) | 413-545-2337 (including 24/7 crisis help)**

**CRISIS TEXT LINE |**

## **CRISIS TEXT LINE**

- Free, 24/7 confidential crisis support by text  
**Text HOME to 741741 | [crisistextline.org](http://crisistextline.org)**

**NATIONAL  
SUICIDE  
PREVENTION  
LIFELINE**  
1-800-273-TALK (8255)  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

## **SUICIDE PREVENTION LIFELINE**

- Free, 24/7 confidential phone and chat support for those considering suicide, concerned about a friend, or in need of emotional support  
**1-800-273-8255 | [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)**