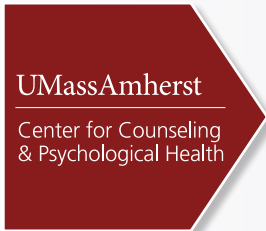


# Depressed, stressed, or anxious? Concerned about yourself or a friend?

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

## CENTER FOR COUNSELING AND PSYCHOLOGICAL HEALTH



24/7 consultations and crisis intervention for all UMass students – same-day appointments available

**413-545-2337**  
**[umass.edu/counseling](http://umass.edu/counseling)**

## CENTER FOR WOMEN AND COMMUNITY



24/7 Sexual Assault Support & Advocacy (SASA) hotline for people of all genders impacted by sexual and relationship violence

**413-545-0800**  
**[umass.edu/cwc](http://umass.edu/cwc)**

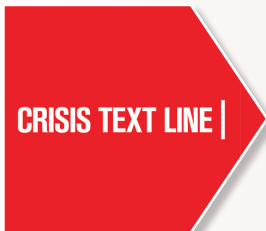
## SUICIDE AND CRISIS LIFELINE



The National Suicide Prevention Lifeline is now 988 Suicide and Crisis Lifeline  
24/7 free and confidential support, crisis resources, and professional best practices

**Call 988**  
**[988lifeline.org](http://988lifeline.org)**

## CRISIS TEXT LINE



Free, 24/7 confidential crisis support by text

**Text HOME to 741741**  
**[crisistextline.org](http://crisistextline.org)**

## THE STEVE FUND



Mental health and emotional support for young people of color

**Text STEVE to 741741**  
**[stevelfund.org](http://stevelfund.org)**

## THE TREVOR PROJECT



24/7 information and support to LGBTQ and questioning young people

**Text START to 678678**  
**[thetrevorproject.org](http://thetrevorproject.org)**