

Suicide and Mental Health Crisis Resources

February 2023

Compiled by the Psychological Counseling Center

ON-CAMPUS RESOURCES

- **Psychological Counseling Center**
Time-limited therapy, crisis intervention, groups, psychiatry, and referrals
Located in the Student Health and Counseling Center Building
- Walk in or call **845-257-2920** M-F from 8:30a-5p for appointment scheduling and crisis services
- Evenings and weekends - call **845-257-2920** to reach the Emergency Contact Counselor, or contact an RA or RD to be connected (if living on campus)
Let's Talk – Drop-in consultation, no appointment needed. Wednesdays from 1-3pm in SUB 416 during Fall 2022 semester
newpaltz.edu/counseling
- **OASIS/HAVEN**
Peer Crisis Support – 8pm-12am nightly
Oasis: 845-257-4945 (General peer support)
Haven: 845-257-4930 (Peer support specifically for unwanted sexual experiences)
newpaltz.edu/counseling/oasishaven.html
- **University Police Department**
Emergency support and assistance – 24/7, 365 days a year
845-257-2222, also blue light phones around campus
- **UPD Anonymous Tip Line:**
845-257-2230
- **Mental Health Programs and Clubs**
Student Resilience Advocates
Instagram @np_resilience
New Paltz Active Minds
Instagram @np_activeminds
Holistic Hawks
newpaltz.edu/holistic-hawks/

LOCAL RESOURCES

- **Ulster County Mobile Mental Health**
844-277-4820 24-hour crisis line and in-person assessment
- **Access Urgent Mental Health Care**
In-person Kingston, Newburgh, and Middletown. 24 hours virtually.
888-750-2266 Option 2
accessupports.org/behavioral-health/
- **Family of Woodstock – 845-679-2485**
24-hour crisis line – call or text
<https://www.familyofwoodstockinc.org/>
- **Dutchess County Mental Health Crisis Services**
Helpline: 845-485-9700 - call or text 24/7
dutchessny.gov/Departments/DBCH/24-7-Services.htm

NATIONAL RESOURCES

- **988 Suicide and Crisis Lifeline**
Call/text 988 (Replaces 1-800-273-TALK)
<https://988lifeline.org/>
Chat, Spanish language, and options for deaf/hard of hearing people available
- **Crisis Text Line**
Text HOME to **741741**
<https://www.crisistextline.org/>
- **Steve Fund Crisis Text Line for POC**
For young people of color
Text STEVE to **741741**
stevefund.org/crisistextline/
- **The Trevor Project**
Hotline for LGBTQ+ young people
866-488-7386, thetrevorproject.org/
- **Trans Lifeline** – by and for trans people
1-877-565-8860
translifeline.org/
- **Veterans Crisis Line**
Dial **988** then press 1, or text **838255**
veteranscrisisline.net/

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HELPFUL WEBSITES

- **988 Lifeline** - 988lifeline.org/
Hotline information, resources based on many different identities, risk factors & warning signs of suicide, stories of hope and recovery
- **American Foundation for Suicide Prevention** - afsp.org/
Information, support, and advocacy
- **The JED Foundation** - <https://jedfoundation.org/>
Mental health and suicide prevention resources geared towards high school and college-aged young people
- **BeThe1To** - bethe1to.com/
Information on suicide prevention, resources, and stories of hope
- **QPR Institute** - qprinstitute.com/about-qpr
Brief information on Question, Persuade, Refer – steps used to address warning signs of possible suicide and connect people to professional help
- **Active Minds** - activeminds.org/
Mental health & suicide prevention information, support, and advocacy focused on young adults
- **With Help Comes Hope** - lifelineforattemptsurvivors.org/
Support for persons living with suicidal thoughts and suicide attempts
- **National Alliance on Mental Illness** - nami.org/
Blogpost “My Friend is Suicidal: What Should I Do?” - <https://www.nami.org/Blogs/NAMI-Blog/September-2020/My-Friend-Is-Suicidal-What-Should-I-Do>
- **Help Guide** - helpguide.org/
Article on Suicide Prevention - <https://www.helpguide.org/articles/suicide-prevention/suicide-prevention.htm>