

Mental Health Resources for Students

[*The Heels Care Network](#), a hub for mental health resources at UNC

See also the [Oct. 10, 2021 editorial from *The Daily Tar Heel*](#) listing various mental health resources both on- and off-campus.

See also this [Campus Resources Reference Guide](#). (Note: I do not moderate the attached guide.)

Phone Numbers

National Suicide Prevention Lifeline, 1-800-273-TALK (8255), is available 24/7. It is free and confidential.

For information, resources, and referrals for mental health support, call 1.800.662.HELP (4357).

[UNC Counseling and Psychological Services \(CAPS\)](#) can be reached 24/7 by phone at 919-966-3658.

[Orange County Rape Crisis Center](#): 24-hour talk line 866-935-4783 and text line 919-504-5211.

National Sexual Assault Hotline: 800-656.4673.

National Alliance on Mental Illness talk line: 800-950-6264.

Any student who is impacted by harassment, interpersonal (relationship) violence, sexual violence, sexual exploitation, or stalking, etc. is encouraged to seek appropriate resources on campus or in the community. As needed, please contact confidential resources such as the [Gender Violence Services Coordinators](#) in the [Carolina Women's Center](#) at (919) 962-1343 or [Counseling & Psychological Services \(CAPS\)](#) in [Campus Health Services](#) at (919) 966-3658 to discuss your specific needs.

Online Chats

Lifeline Chat is a service of the National Suicide Prevention Lifeline, connecting individuals with counselors for emotional support and other services via web chat. All chat centers in the Lifeline network are accredited by CONTACT USA. Lifeline Chat is available 24/7 across the U.S.: <https://suicidepreventionlifeline.org/chat/>.

Multi-Format Chatting (Zoom, phone, and/or text all available)

UNC Peer2Peer is a student-run service that offers free peer support in a variety of formats, with anonymous options. If you want to talk to someone, you submit a form at their website and specify how you'd like to be contacted:

<https://www.uncpeer2peer.com/>.

Support Groups

Triangle Survivors of Suicide hosts a few open support groups, one of which is in Chapel Hill: <http://www.trianglesos.org/resources/>. See also a list of resources that they've assembled on that page.

UNC Counseling and Psychological Services (CAPS) offers a number of therapy/support groups, held over Zoom for the time being:

<https://caps.unc.edu/services/group-therapy>.

Actively Moving Forward at UNC-CH: <https://hellife.unc.edu/organization/amf>

Grief Group: <https://caps.unc.edu/services/group-therapy/grief-group-living-loss>

Healthcare Providers

UNC Counseling and Psychological Services (CAPS) can be reached by phone at 919-966-3658 (24/7) or online at <https://caps.unc.edu/>. If you're seeking one-on-one mental health services through CAPS, there is an initial assessment done in-person (M-Th 9:00am-12:00pm or 1:00pm-4:00pm or F 9:30am-12:00pm and 1:00pm-4:00pm). During that initial assessment, they will also offer you the services of a Referral Coordinator who can assist you in finding a third-party healthcare professional outside of CAPS as well. ***Do know that CAPS will call police in certain emergency situations

(such as if they deem the situation to be harmful or life-threatening to self or others), and students should be aware of that.***