

With the recent incident, the Vietnamese Student Association of the University of North Carolina at Chapel Hill would like to emphasize the importance of mental health and provide campus and national resources to our general body members, our greater Vietnamese community, and the general public. UNC VSA will always be a safe space for anyone to reach out for help. Take the time to care for yourselves as well as your loved ones. We are here to support you in any way.

Please feel free to reach out to us or anyone if you need to. Heels Strong, we love you all 

Love,
UNCVSA 

Campus Resources:

- UNC Counseling and Psychological Services (CAPS): 919-966-3658
<https://caps.unc.edu/>
- UNC's hotline for questions and concerns: 919-918-1999
- UNC Heels Care Network: <https://care.unc.edu/resources/>

National Resources:

- National Suicide Prevention Lifeline: 1-800-273-8255
- Suicide Crisis Lifeline: Call or Text 988