



Mental Health/Support Resources for Students

Summer 2020

This is a very difficult time, and we strongly encourage people to seek support and care. Following the traumatic killing of George Floyd, and many other black and brown people, we know that our community is hurting. We are also coping with an international pandemic. This is a lot, and it makes sense to need help. **If you, or someone you know, is having a difficult time please reach out for help to any of the resources mentioned below, or to someone you trust.** If you have specific questions about these or any other resources, please contact the Hamre Center at health@macalester.edu.

Formalized Mental Health Resources are not the only way to seek help. We encourage you to connect with others in your existing support structures, such as clergy people, elders, family, friends, mentors, etc.

Macalester Mental Health/Support Resources for Students available over summer

- To speak with a counselor right now, call **Press 2 (651-696-6275, then press 2)** to be connected to a licensed mental health provider 24 hours/day. Press 2 can be accessed from anywhere in the world.
- Macalester's Center for Religious and Spiritual Life: religiouslife@macalester.edu

Mental Health Resources specific to BIPOC Students

- [The Steve Fund](#) is an organization dedicated to supporting POC in their mental health:
 - Get 24/7/365 Text Support: Text Steve to 741741 and a live culturally competent mental health care provider will respond.
- [This article](#) identifies organizations and resources focused on BIPOC mental health resources nationally.
- [This article](#) lists online mental health resources focused on supporting black identifying people.
- BIPOC Students in MN can find a provider via this [list of MN providers of color](#).

National Mental Health Resources available 24/7/365

- **National Suicide Prevention Lifeline:** 1-800-273-TALK (8255),
- [Trevor Project](#) offers LGBTQIA+ specific support via the call or text: 1-866-488-7386
- **SAMHSA Substance Abuse and Mental Health Services:** 1-800-662-4357
- **National Drug Hotline:** 1-844-289-0879

Tools to Help Find a Mental Health Provider Off-Campus

- [MiResource](#) is a Macalester specific search tool that also has access to providers in some other regions of the US and other countries.
- [Psychology Today](#) is a search tool with providers all over the US.