

Crisis and Mental Health Support While on Break or Away from Denison

In case of a mental health crisis or concern while on break or away from campus, Denison students have access to many resources.

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- [Denison Wellness Center Counseling Services](#) Crisis Support is available by Phone: **740 587-6647** Call anytime, any day from anywhere. A counselor will be available to listen, offer resources and connect you with next steps. You may remain anonymous or share your name and number to let Hoaglin counselors know you called.
 - [988 Suicide & Crisis Lifeline](#) call or text and chat **988** for help with suicidal, substance use, or mental health crisis for self or someone you care about. Translation support is available in over 100 languages.
 - [Crisis Text Line](#) Text “HOME” to **741 741** (24 hours a day) to chat by text with a counselor.
 - [Global Suicide Prevention Lines](#) and [Warmlines](#) around the world (someone to talk to while traveling) are available through these websites.

Other Resources:

Abuse and domestic violence

- [National Domestic Violence Hotline](#): 800-799-7233
- [RAINN](#) National Sexual Assault Hotline: 800-656- 4673

Addiction

- [SAMHSA’s National Helpline](#) for substance abuse and mental health: 800-662-4357
- [National Problem Gambling Helpline Network](#): 800-522-4700

ADHD

- Contact an ADHD Specialist at [CHADD](#): 866-200-8098

Eating disorders

- [National Eating Disorders Association Helpline](#): 800-931-2237 (talk or text)
- [National Association of Anorexia Nervosa and Associated Disorders \(ANAD\)](#) : 888-375-7767

LGBTQ+

- [LGBT National Hotline](#): 888-843-4564 or 800-246-7743 (Youth Talkline)
- [Trevor Lifeline](#) 866-488-7386 or text START to 678-678

- [TransLifeline](#): 877-565-8860

Self-harm

- [S.A.F.E. Alternatives \(Self-Abuse Finally Ends\)](#) self-harm helpline: 800-DONT CUT (800-366-8288)

Student of Color

- [The Steve Fund](#) is available to connect students of color with a crisis counselor: Text STEVE to 741741 to chat with a counselor and access support