

**Mental Health & Well-being Resources**

**CAMPUS RESOURCES**

**Latasha Norman Center for Counseling Services**

*The Center’s mission is to provide services and activities that can assist JSU students as they transition and seek assistance with building problem-solving skills, managing relationships and becoming more independent and confident as students and global citizens****.***

Services provided:

* Mental health assessments
* Short-term counseling
* Crisis intervention
* Outreach
* Graduate student training

Website: [www.jsums.edu/latashanormancenter](http://www.jsums.edu/latashanormancenter)

Phone: 601-979-0374

Email: latashanormancenter@jsums.edu

**The Applied Psychological Services Clinic (APSC)**

*The Clinic is located in the College of Liberal Arts on the 3rd floor, Suite 327 and is designed to serve as a mental health training clinic for doctoral students enrolled in the Clinical Psychology Ph.D. Program.*

Services provided:

* Psychological assessments & testing
* Interventions
* Consultations

Website: <https://www.jsums.edu/apsc/>

Email: apsc@jsums.edu (not non urge not emergency messages)

Phone: **601-979-3381**

**Safe Areas for Students on Campus**

* Meditation Room, Student Center, 2nd floor

**LOCAL RESOURCES**

**Hinds Behavioral Health Services**

*Hinds specializes in outpatient community mental health services, including help for those with chemical dependencies. If you are experiencing a mental health crisis and need help fast, they will come to you.*

Services provided:

* Medication evaluation and management
* Individual counseling
* Group counseling
* Crisis intervention

Website:[www.hbhs9.com](http://www.hbhs9.com)

Main Phone Number: 601-321-2400

Mobile Crisis: 601-953-6381

**NFusion Metro**

*This program provides mental health resources to youth and their families in a stigma-free environment through activities, groups, counseling and peer support.*

Services provided:

* Intervention for severe and profound mental health conditions
* Medication
* Evaluation and management
* Substance abuse
* Employment skills

Website: [www.hbhs9.com/nfusion-metro](http://www.hbhs9.com/nfusion-metro)

Phone: 769-233-7429

**St. Dominic Behavioral Health Services**

*St. Dominic’s provides quality and compassionate treatment to individuals and their families suffering from mental illness. Highly trained psychiatrists, social workers, nurses, chaplain, and counselors work together to meet individual needs.*

Services provided:

* Assessment
* Counseling
* Medication management
* Inpatient treatment

Website: [www.stdom.com/services/behavioral-health](http://www.stdom.com/services/behavioral-health)

Phone: 601-200-3090

Assessment & referral available 24 hours/7 days a week: 1-800-632-5907

**Catholic Charities Jackson**

*Healing Hearts Family Counseling Services are available to anyone needing support in dealing with issues that cause challenges and affect their quality of life.*

Services Provided:

* Counseling
* Shelter
* Access to victim services for domestic violence, dating violence, sexual assault and stalking victims/survivors

Website: help@ccjackson.org

Phone: 601-355-8634

**ADDITIONAL RESOURCES**

**Meta Teletherapy**

*This counseling service allows students to choose a counselor with whom they can connect whenever and wherever they choose, from the privacy of their own phone.*

Services provided:

* Counseling via online, telephone, and chat

Website: <https://www.meta.app/students-meta-teletherapy>

**NATIONAL RESOURCES**

**National Suicide Prevention Hotline**

*The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources, and best practices for professionals in the United States. 988 has been designated as the new three-digit dialing code that routes callers to the National Suicide Prevention Lifeline.*

Services Provided:

* Crisis Intervention

Website: <https://988lifeline.org/>

Text or dial 988

**The Trevor Project (LGBTQ+ Youth)**

*The Trevor Project is the world’s largest suicide prevention and crisis intervention organization for LGBTQ young people, providing information and support 24/7, all year round.*

Services provided:

* Crisis services
* Advocacy
* Community

Website: <https://www.thetrevorproject.org/>

Crisis Phone and Text Lines: Text ‘START’ to 678-678 or call 1-866-488-7386

**Crisis Text Line**

Text HOME to 741741for 24/7 support from trained crisis counselors

**SAMHSA National Helpline**

Call 1800-662-HELP (4357)for free, confidential information and referrals for mental health and substance use disorders.

**Mental Health America (MHA)**

Services provided:

* Provides screenings, information, and support for mental health conditions.

Website: [www.mhanation.org](http://www.mhanation.org)

**Psychology Today Therapist Directory**

*Provides a comprehensive directory to find licensed therapists in your area.*

Website: [www.psychologytoday.com](http://www.psychologytoday.com)

**Anxiety and Depression Association of America (ADAA)**

*Provides resources and tools for managing anxiety, depression, and related conditions.*

**The Jed Foundation (JED)**

*Focuses on supporting teens and young adults with mental health and suicide prevention.*

Website: [www.jedfoundation.org](http://www.jedfoundation.org)

**TARGETED SUPPORT**

**RAINN (Rape, Abuse & Incest National Network**

*Offers support and resources for sexual assault survivors.*

Website: [www.rainn.org](http://www.rainn.org)

Phone: 1800-656-HOPE

**National Domestic Violence Hotline**

*Offers resources for help with domestic violence survivors.*

Phone: 1800-799-SAFE (7233) or text START to 88788

**SELF HELP & WELLNESS**

**National Institute of Mental Health (NIMH)**

*Provides educational resources and tips mental wellness.*

Website: [www.nimh.nih.gov](http://www.nimh.nih.gov)

**Headspace**

*Meditation and mindfulness app offering free and subscription-based services.*

Website: [www.headspace.com](http://www.headspace.com)

**Calm**

*Provides tools for stress management, sleep improvement, and meditation.*

Website: [www.calm.com](http://www.calm.com)