



Resource List

Mental Health & Wellness

Latasha Norman Counseling Center

Mental Health Concerns, Campus Community Outreach, Presentations and Consultations
Free and Confidential Services

2nd Floor of the Student Center, Suite 2102

Phone: 601.979.0374

Email: latashanormancenter@jsums.edu

Psychological Testing

Applied Psychological Services Clinic

Psychological Testing

Life Challenges and Emotional Issues

Anxiety and Nervousness

3rd Floor of the College of Liberal Arts, Suite 327

Phone: 601.979.3381

Email: apsc@jsums.edu

Health Services

Health Services Center

Health Concerns and Needs

STD Evaluations and Treatment

Pregnancy Testing and Contraceptive Support

Peer Health Education Program

On Campus Across from Dixon Residence Hall

Phone: 601.979.2260

Email: healthservices@jsums.edu



Emergency & Safety

JSU Campus Police

Emergencies, Safety Concerns, Parking Conflicts
ID Badges and Access Control

On campus directly behind the Student Center
Phone: 601.979.2580

Food Assistance

JSU Tiger Food Pantry

Food Assistance Needs and Concerns
Confidential and Supportive Services | Donations Accepted

Residence Life Office
Phone: 601.979.4302
Email: s00001325@jsums.edu

First-Generation Student Support

TRIO SSS

Financial and Academic Assistance
Career and Professional Development Opportunities

Phone: 601.979.5023
Email: taran.johnson@jsums.edu

Professional Attire

Tiger Career Closet

Need an Outfit for an Interview
Professional Attire Available | Donations Accepted



1st Floor of Jacob L. Reddix Hall

Phone: 601.979.2477

Email: tigers2work@jsums.edu

Remember: These services are free and available to all enrolled JSU students.

Tips for College Students to Improve Mental Health

- Exercise: Regular physical activity improves mood and health
- Eat well: Eat healthy meals and stay hydrated
- Sleep: Make sleep a priority
- Practice mindfulness: Meditation, deep breathing, or yoga
- Connect with others: Stay in touch with friends and family
- Take breaks: Make time to relax
- Set goals: Set priorities and goals
- Practice gratitude: Focus on positivity
- Learn new skills: Try something new
- Give to others: Help others

Community Mental Health Services

Hinds Behavioral Health Services

3450 HWY 80 W.

Jackson, MS. 39209

601-321-2400

Hinds Behavioral Health Services

Mobile Crisis Unit

3450 HWY 80 W.

Jackson, MS. 39209

601-955-6381

**Jackson Free Clinic**

925 Martin Luther King Jr. Drive
Jackson, MS 39203
601-355-5161

Marion Counseling Center

4780 I-55 North
Suite 105
Jackson, MS 39211
Phone 601-956-4816

NFusion Metro

Mental Health Services
1815 Hospital Dr Ste 230
Jackson, MS 39204
769-233-7429

Oceans Healthcare

(Discounted cash prices to patients without insurance).
2969 North Curran Drive, Building A
Jackson, MS.
Phone (601) 714-8141

Positive Pathways Behavioral LLC

(Telehealth Option)
Jackson Office 341 Edgewood Terrace Dr.
Jackson, MS 39206
601-487-6344
Crisis Line 601-397-0579

SHELTERS & TRANSITIONAL HOUSING – WOMEN & FAMILIES

Flowers House (Stewpot Community Services)
Emergency shelter for women and children; case management and referrals
355 Livingston Street, Jackson, MS 39202
Phone: 601.949.9262

Matt's House (Stewpot Community Services)



Emergency shelter for homeless women; counseling and housing assistance
343 Adelle Street, Jackson, MS 39202
Phone: 601.948.2873

New Life for Women, Inc.
Transitional housing for women
814 North Congress Street, Jackson, MS 39202
Phone: 601.355.2195

Ruth's Refuge (Gateway Rescue Mission)
Shelter and transitional housing for women 21 and older; life skills and support services
1204 First Avenue, Jackson, MS 39203

Wingard House
Housing for women, children, pregnant teens, men, and families
1279 N. West Street, Jackson, MS 39202
Phone: 601.969.2775

SHELTERS – MEN

Gateway Rescue Mission
Emergency shelter for adult men; Christian-based program
328 South Gallatin Street, Jackson, MS 39203
Phone: 601.353.5864

SUPPORTIVE & TRANSITIONAL HOUSING

God's Homeless Haven
Transitional housing for women and women with children
Jackson, MS
Phone: 601.720.5078

Covenant Group Home
Transitional group home for adults
Jackson, MS
Phone: 601.966.1554 | 601.573.4149



Common Bond Association, Inc.
Supportive housing for homeless veterans
836 Medical Plaza, Jackson, MS 39204
Phone: 601.371.6851 | 888.484.4445

New Dimensions Development Foundation, Inc.
Transitional housing for single women and women with children
P.O. Box 11495, Jackson, MS 39283
Phone: 601.969.9856

ADDITIONAL COMMUNITY SUPPORT SERVICES

Hinds County Human Resource Agency
Case management and housing support services
258 Maddox Road, Jackson, MS 39212
Phone: 601.923.3930

Grace House
HIV transitional housing, case management, testing, and education
236 Millsaps Avenue, Jackson, MS 39202
Phone: 601.353.1038

Stewpot Community Services
Emergency shelter, food programs, and services for families and seniors
1100 W. Capitol Street, Jackson, MS 39203
Phone: 601.353.2759

USM Institute for Disability Studies
Technical assistance for homeless persons with disabilities
3825 Ridgewood Road, Suite 723, Jackson, MS 39211
Phone: 601.432.6261

CRISIS & EMERGENCY HOTLINES

988 Suicide & Crisis Lifeline
Call or Text: 988



National Suicide Prevention Lifeline

Phone: 1-800-273-8255

Text: 741741

Mississippi Department of Mental Health

Phone: 1-877-210-8513