

DO YOU NEED URGENT SUPPORT?

NATIONAL SUICIDE PREVENTION HOTLINE:

- **Phone:** 1-800-273-8255
- **Hours:** 24/7

CRISIS TEXTLINE:

- **Text:** "Hello" to 741741

THE TREVOR PROJECT:

- 24/7 Crisis support for LGBTQ+ youth
- **Phone:** 1-866-488-7386
- **Text:** "START" to 678678
- **Chat online** at www.trevorproject.org/get-help

988 SUICIDE AND CRISIS HOTLINE:

- **Phone:** 988
- **Hours:** 24/7

VETERAN CRISIS LINE:

- **Phone:** 1-800-273-8255
- **Text:** 838255
- **Hours:** 24/7

FOR MORE INFORMATION:

For a more comprehensive list of resources and descriptions, please check out our Instagram @projectwellnessunlv or scan the QR code below!

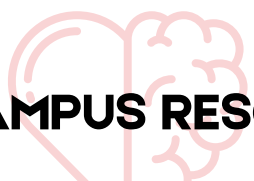


UNLV Project Wellness



YOUR MENTAL HEALTH MATTERS

A Comprehensive Resource Guide



ON-CAMPUS RESOURCES

STUDENT COUNSELING AND PSYCHOLOGICAL SERVICES:

- **Where:** Student Recreation and Wellness Center (SRWC), 3rd Floor
- **Phone:** 702-895-3627
- Provides a variety of services including self-help (YOU@unlv, TAO, and Kognito), crisis & consultation services, workshops, group therapy, couples therapy, and psychiatric & behavioral health services.

THE PRACTICE:

- **Where:** William D. Carlson Education Building (CEB), Room 226.
- **Phone:** 702-895-1532
- A dynamic community mental health clinic located on UNLV's main campus.

UNLV WELLNESS ZONE:

- **Where:** Student Recreation and Wellness Center (SRWC), 2nd Floor
- **Phone:** 702-895-4400
- Hosts health education workshops, certified peer education training, Massage chairs, safe sex supplies, meditation/mindfulness biofeedback device



ON-CAMPUS RESOURCES

CENTER FOR INDIVIDUAL, COUPLE, AND FAMILY COUNSELING

- **Where:** Paul McDermott Physical Education- Building A (MPE-A), Room 207
- **Phone:** 702-895-3106
- Provides quality, low-cost therapy to residents of the Las Vegas community.

CARE CENTER:

- **Where:** Jean Nidetch Care Center
- **Phone:** 702-895-4475
- Offers confidential support services, holistic healing workshops, campus education and awareness events to those impacted by sexual, relationship, and/or family violence, and stalking.

UNLV SUPPORT TEAM:

- **Website:** unlv.edu/campuslife/supportteam
- Comprehensive website for students to stay connected to the academic support and student wellness services.

UNDOCUMENTED STUDENT PROGRAM

- **Website:** <https://www.unlv.edu/diversity/undocumented>
- Offers a variety of confidential services to support undocumented students including mental health services.

OFF-CAMPUS RESOURCES



NEVADA WARMLINE:

- **Call or Text:** 775-241-4212
- For those who are not in a crisis and just need a someone to talk to, stigma-free.

THE JED FOUNDATION

- **Website:** jedfoundation.org/higher-education-resources
- College is a challenging time for everyone. JED has programs and resources to help students manage their mental health.

THE CENTER

- **Crisis Hotline:** (833) 740-0500
- **Local Hotline:** (702) 745-4600
- **Website:** thecenterlv.org
- A safe space for LGBTQ+ individuals with a local and national hotline

