

HOW AM I FEELING TODAY?

IDENTIFYING RESOURCES AT VILLANOVA

I NEED HELP NOW.

- Thoughts of harm to self or others
- Apathy or hopelessness
- Giving away possessions

On campus, call:

- [Public Safety](#): 610-519-4444
- [University Counseling Center](#): 610-519-4050

For 24/7, on- or off-campus help, call:

- 911
- 988 (Mental Health Crisis Line)
- National Suicide Hotline: 800-273-8255
- Crisis Text Line: Text HOME to 741741

I NEED SUPPORT AND CARE.

- Withdrawing
- Lack of follow through
- Increased or excessive substance use
- Not responding to emails or other forms of communication
- Ignoring commitments
- Changes in hygiene
- Persistent changes to what was "typical" behavior

On campus, call:

- [University Counseling Center](#): 610-519-4050
- [Student Health Center \(24/7\)](#): 610-519-4070
- [Dean of Students Office/CARE Committee](#): 610-519-4200
- [Office for Residence Life](#): 610-519-4154

For 24/7 off-hours help:

- [Uwill Crisis Line](#): 833-646-1526
- [Uwill Telehealth](#)
- [Public Safety](#): 610-519-4444

I WANT TO TALK TO SOMEONE.

- Looking to make small changes to improve my well-being
- Adjusting to new routine(s)
- Seeking accountability measures for my well-being goals

On campus, call:

- [Office of Health Promotion Well-Being Coaching](#): 610-519-7407
- [Uwill Telehealth](#)
- [Mission and Ministry](#): 610-519-4080
- [Division of Student Life](#): 610-519-4550

I WANT TO TAKE GOOD CARE OF MYSELF.

- Planning to take proactive steps for my well-being
- Looking for activities and events focused on well-being
- Seeking student leadership opportunities in well-being programs and activities

On campus resources:

- [Office of Health Promotion Teams Folder](#)
- [Thrive 365 online portal](#)
- [Flourish mobile app](#)
- [Office of Student Involvement](#)
- [Fitness and Recreation](#)
- [Mission and Ministry](#)



YOU MATTER. WE CARE.