

# Mental Health Supports at NAU

## **Individual & Couples Counseling**

To get started, call 928-523-2261 or come to the Health and Learning Center (HLC) and ask for a free first appointment; also called a Path to Care.

## **Jacks Care 24/7**

[Jacks Care 24/7](#) is a new service being offered to the NAU community. Students can access free, 24-hour emergency and ongoing short-term counseling support via text, chat, phone ([866 656-9983](tel:8666569983)), video or downloading the MySSP app with the QR code below. Once the app is downloaded, the student enters “NAU” and will be shown Jacks Care/NAU messaging and resources.



## **Group Therapy**

NAU Counselors offer many group options throughout the school year to help you connect and heal. Reach out to [kristin.anderson@nau.edu](mailto:kristin.anderson@nau.edu) for more information on group options that fit your interest and schedule.

## **Care Management**

Connect with our Care Manager to help you find resources for food, rent, insurance, counseling, psychiatry, nutritional counseling, tutoring, clubs, and any other extra supports you need. To schedule your free appointment log onto [www.campushealth.nau.edu](http://www.campushealth.nau.edu) click Appointments > Schedule Appointment > Case Management and choose a time that works for you.

## **Crisis Support**

Walk-in or call for crisis support at Counseling Services M, T, Th, F 8am-5pm, W 9am-5:00pm. After hours consultation, counseling and crisis support through Jacks Care 24/7 (866) 656-9983 or MySSP app.

### **Behavioral Health**

Free 30-minute solutions-based, goal-oriented sessions are available to help you with targeting and addressing concerns. Ask about Behavioral Health options in your Path to Care appointment.

### **Psychiatry & Medical Services**

Affordable options available for students to discuss medication and treatment options for mental and physical health. Ask about an appointment in your Path to Care appointment.

### **Disability Resources**

Disability Resources (DR) leads collaborations with students, faculty, staff, and the campus community to cultivate a universally designed environment, and facilitates the removal of existing barriers for the full inclusion of people with disabilities. Start here: <https://in.nau.edu/disability-resources/student-eligibility-process/>

### **Dean of Students (DOS)**

The ODOS team is here to help answer questions, report any concerns you may have, and connect you to the right place. Learn more about their work here: <https://in.nau.edu/dean-of-students/>

### **Office of Inclusion (IMQ)**

Multicultural & LGBTQIA Student Services welcomes students to our inclusive campus community where we support cultural, gender, and sexuality diversity through programming, events, and thoughtful community engagement in a safe and supportive environment. Learn more here: <https://in.nau.edu/inclusion/>

### **Center for International Education (CIE)**

The Center for International Education is NAU's hub for all things international—from international student admissions and education abroad to incorporating a global perspective into our academic and social programs. Learn more here: <https://nau.edu/cie/>

### **Native American Cultural Center (NACC)**

Students can interact with peers, seek academic support, and feel pride in their university involvement, whether they are on campus or linking to the university through extended campus programs. The NACC strives to enhance the future for

Native American leadership, encourage strong communities, and celebrate the diverse cultural heritage of our state and region. Learn more here:

<https://in.nau.edu/native-american-cultural-center/>