

## Mental Health Resource Guide

### For NAU Students

Crisis Response Network (CRN)	877.756.4090 CrisisNetwork.org	Available 24/7/365 for anyone experiencing a mental health crisis. Providers available to meet with you in person for crisis care.
NAU Counseling Services On-Call	928-523-2261	Counselors available for mental health crises after hours and on weekends.
Northland Family Help Center	928-527-1900	Sexual Assault and Domestic Violence Crisis line available 24/7. Can connect you to Victim Witness Services or NACASA (Northern Arizona Care and Services After Assault) for sexual assault resources.
Victim Witness Services	928-679-7770 201 E. Birch Ave, Suite 4 Flagstaff, AZ  NAU Victim Witness Services 928-523-2225 Located in the Health Promotion Office in the Health and Learning Center	Provides resources and support for those involved in sexual assault, stalking, or harassing.
Flagstaff Medical Center	Contact 911 or contact 928-779-3366  1200 N. Beaver St Flagstaff, AZ 86001	Emergency Room services always available as needed.
The Guidance Center	Contact 911 or contact 928-527-1899 for the Crisis Unit  2187 N. Vickey Street Flagstaff, AZ 86004	Crisis Stabilization Unit available for those needing care, up to 24 hours. Crisis Counselors available. Inpatient Psychiatric services available upon intake if needed.  Services available 24/7.

**On Campus Resources for Healthier Living**

Stressbusters	NAU Health and Learning Center Health Promotion Office	Free 5-7 minute backrubs for stress relief and wellness  Sign up's are at the actual Stressbusters, see Health Promotions for dates and times.
Trans Support Group	NAU Health and Learning Center	Tuesdays 4:00pm-5:00pm

### Additional Campus Resources & Offices for Support

Health Promotion	Assists with living a healthy, balanced college life. Information & resources on nutrition, fitness, stress, sexual health, and alcohol and drug use.	928-523-6867. Located in HLC (Building 25).
Victim Witness Services	Assists students in crisis intervention, sexual assault, victim compensation, witness advocacy, and resources.	928-523-2225. Located in HLC (Building 25), Room 1513.
Louie's Cupboard	Offers non-perishable canned and boxed goods to students struggling to buy groceries.	E-mail <a href="mailto:Louiecupboard@gmail.com">Louiecupboard@gmail.com</a> . Located at University Union, 2 <sup>nd</sup> floor, room 212. Walk-ins welcome. (928)523-5181
Counseling Services	Offers short-term counseling for mental health and substance abuse. Individual and group counseling available.	928-523-2261 (24 Hour Crisis Line Available) Located in HLC (Building 25)
Counseling Practicum Lab	Offers free counseling, provided by graduate students training to be counselors and psychologists.	928-523-3896. Located in College of Education Building (27), Room 169.
First Generation Programs	Assist first-generation college students succeed in school. Scholarships, emergency textbook loan programs, and resources available.	928-523-6980. Located in Sechrist Hall (Building 42).
Indigenous Student Success (ISS)	Assists Native American students with support, resources, and services.	928-523-8086. Located in Native American Cultural Center, 318 W McCreary Dr, Room 100 (Building 14).

Inclusion and Multicultural Student Services	Serves all students, focusing on gender, sexual, and racially diverse populations.	928-523-5656. Location at 1050 S Knoles Dr, University Union Fieldhouse. In Kaibab room #30.
Student Support Services (SS)	Assist students with peer-led workshops, mentoring, and scholarship opportunities.	928-523-6980. Located in Sechrist Hall (Building 42).
Disability Resources	Assist students with disabilities in accommodating their needs on campus.	928-523-8773. Located in HLC, 2 <sup>nd</sup> floor. (Building 25)
Academic Success Centers (ASCs)	Offers tutoring, assistance with study skills, test preparation, and mentoring.	928-523-5524. Located in the University Union Fieldhouse room #252 Building #30
Student Veteran Services	Assist veteran students with tuition, resources, careers & job opportunities, and other support systems.	928-523-8387. Located in NAU Field House, Room 138 (Building 30). vets@nau.edu
Office of Registrar	Assist students with academic records, enrollment, and withdrawing from classes.	928-523-5490. Located in Gammage Building (Building 1). 601 S Knoles Dr
Office of Scholarships and Financial Aid	Assist students in applying for financial aid and finding scholarship opportunities.	1-855-628-6333. (NAU School Code 001082). (928)523-4951 Located in Gammage Building (Building 1). 601 S Knoles Dr.
Office of the Dean of Students (ODOS)	Assist students in finding clubs, organizations, opportunities within Flagstaff Community, and offer resources.	928-523-5181. Located in University Union, Building 30, Room 104.
Residential Life	Assist students with resources and meeting their needs for on campus and off campus living.	928-523-3978. Located in North Hall (Building 5). 215 W Dupont Ave.
NAU Police Department	Assist students with emergency and non-emergency situations; reporting; resources.	928-523-3611 (non-emergencies). Located at 525 E Pine Knoll Dr (Building 98A).

### **Online Resources and Apps for Suicide Prevention and Mental Health:**

NAU's Counseling Services Resources and Mental Health Links: <https://nau.edu/campus-health-services/resources-and-forms/>

The Trevor Project: Crisis Intervention and Suicide Prevention for LGBTQIA Youth  
<https://www.thetrevorproject.org/>

Suicide Prevention Resource Center: <https://www.sprc.org/>

National Institute of Mental Health: <https://www.nimh.nih.gov/health/find-help/index.shtml>

Free Online Resources for Mental Health: <http://www.oprah.com/omagazine/free-online-resources-for-mental-illness>

Top 25 Helpline Resources from National Alliance on Mental Illness: <https://www.nami.org/Find-Support/NAMI-HelpLine/Top-25-HelpLine-Resources>

US Dept of Health and Human Services website for Mental Health Support: <https://www.mentalhealth.gov/>

Top 10 Mental Health Apps according to Medical News Today: <https://www.medicalnewstoday.com/articles/320557.php>

The Best Happiness Apps according to Psychology Today: <https://www.psychologytoday.com/us/blog/click-here-happiness/201801/the-best-happiness-apps-2018>

Phone Apps for Better Mental Health according to Psychology Today: <https://www.psychologytoday.com/us/blog/millennial-media/201204/phone-apps-better-mental-health>

Crisis Text Line- text CONNECT to 741741

### **Online Therapy and TeleMental Health:**

HIPAA Compliant Online Therapy Website: <https://www.talkspace.com/>

### **Community Provider Information:**

Contact NAU Counseling Services to speak to a provider about finding a community provider to meet your needs.

Psychology Today: <https://www.psychologytoday.com/us> (click on "Find a Therapist")