



## COUNSELING & PSYCHOLOGICAL SERVICES

If you or a friend are experiencing distress it is important to seek support and focus on self-care.

### **Counseling & Psychological Services (CAPS)**

(973) 761-9500

### **Campus Ministries**

(973) 761-9545

### **National Suicide Prevention Lifeline**

1-800-273-TALK (1-800-273-8255)

<https://suicidepreventionlifeline.org/>

<https://suicidepreventionlifeline.org/chat/>

### **Crisis Textline**

Text START to 741741

Text STEVE to 741741 (students of color support)

### **NJ Hopeline**

1-855-654-6735

### **The Trevor Lifeline (Suicide Prevention for LGBTQIA+ Youth)**

866-4-U-TREVOR (1-866-488-7386)

[www.thetrevorproject.org](http://www.thetrevorproject.org)

### **Samaritans Confidential Hotline**

1-212-673-3000

### **Veteran's Suicide Prevention Lifeline**

1-800-273-TALK (1-800-273-8255), PRESS 1

### **SuicideStop International Help Center**

Find a hotline and immediate mental health support in every country!

[https://www.suicidestop.com/call\\_a\\_hotline.html](https://www.suicidestop.com/call_a_hotline.html)

### **Addictions Hotline**

1-888-984-0363

[www.24houraddictionhelp.org](http://www.24houraddictionhelp.org)

### **Treatment Referral Hotline (Substance Abuse)**

1-800-662-HELP (1-800-662-4357)

### **National Eating Disorder Association Hotline**

1-800-931-2237

### **National Domestic Violence Hotline**

1-800-799-SAFE (7233)

<https://www.thehotline.org/> (Live Web Chat)

### **Sexual Assault Hotline**

1-800-656-HOPE (1-800-656-4673)

24-hour online hotline: <http://online.rainn.org>

[www.RAINN.org](http://www.RAINN.org)

### **National Teen Dating Abuse Helpline**

1-866-331-9474

### **SAVE of Essex County**

Education, medical accompaniment, legal resources for survivors of sexual assault.

24/7 Hotline: 1-877-733-2273

<https://familyserviceleague.org/save-of-essex-county>



**\*In the event of an imminent medical or other emergency, please call 911 or Public Safety (973)-761-9300**

## ADDITIONAL SELF-HELP RESOURCES

Self-care is an important component of one's overall sense of well-being. We encourage you to follow these suggestions and explore the following tools for improving your overall health and well-being on your own, while in treatment, or while you are waiting to be seen by a counselor.

1. Exercise can help to improve your mood. Walk, run, bike, anything to get moving and release endorphins. Check the SHU Recreation schedule here for Yoga or exercises classes:  
<http://www.shupirates.com/recreation/fitness-sched.html>
2. Eat healthy and at regularly times. Your body needs food in order for your mind to function well.
3. Sleep regularly. Go to bed and get up at regularly times, even if you are tired in the morning. This routine can help you regulate your sleep/wake cycle and regulate your mood. It is recommended you get 6-8 hours of sleep.
4. Use supports –stay connected to people with whom you can talk.
5. Avoid alcohol and other drugs. While they may seem to give you some temporary relief, they will worsen how you feel and can intensify your symptoms.
6. Keep a routine of getting up, getting dressed, going to classes, studying, etc., even if you do not feel like it. Sometimes just doing the routine can help you feel better. If any task seems too large, break it down, to help you keep moving forward.
7. Practice relaxation. We often do not schedule time to relax, but even 5 minutes a day can help you experience relaxation and ease stress. Learn how to practice relaxation via videos like these:  
[https://www.ted.com/talks/andy\\_puddicombe\\_all\\_it\\_takes\\_is\\_10\\_mindful\\_minutes?language=en](https://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes?language=en)  
[http://www.mindfulnesscompassion.org/meditations\\_downloads.php](http://www.mindfulnesscompassion.org/meditations_downloads.php)  
<http://marc.ucla.edu/body.cfm?id=22>
8. Watch one of CAPS' What's Up Doc videos for more helpful tips on wellness, sleep, panic, academic stress, and relationships, etc.  
<https://www.shu.edu/offices/counseling-services/videos.cfm>
9. Live in the present. Think about what you need to do in the next hour or two and take things slowly.
10. Download any of the following apps, join us on Facebook for tips and exercises to help you cope with stress and anxiety, learn more about healthy relationships, and promote self-care and empowerment.



Liberate



<https://www.joinonelove.org>