

**STRESSED? ANXIOUS? UNCERTAIN? NEED SOMEONE TO
TALK TO DURING
THESE UNPRECEDENTED TIMES? RESOURCES ARE
AVAILABLE!**

EMOTIONAL WELLNESS RESOURCES

On-Campus

Pirates CARE Team

The Pirates CARE Team has multiple staff members who are ready and willing to talk with students and connect students with resources. If you would like a Pirates CARE Team member to reach out to you please complete the form at www.pensacolastate.edu/PiratesCare

Local Resources

Many local resources have moved to telehealth options. Please call to determine how services are currently being offered.

Lakeview Center: 850-469-3500

Faith & Hope Counseling: 850-471-3430

National Resources

Crisis Text Line: Text "GULF" to 741741 to be connected with a crisis counselor

SAMHSA Disaster Distress Helpline: 1-800-985-5990 or text
TALKWITHUS to 66746

National Suicide Prevention Lifeline: 1-800-273-8255

Active Minds: www.activeminds.org

National Sexual Assault Hotline: 1-800-656-4673

Treatment Referral Hotline (Substance Abuse): 1-800-662-4357

The Trevor Project (for LGBTQ+ Youth): 1-866-488-7386 or text START
to 678678

ULifeline: www.ulifeline.org/pensacola

VirusAnxiety.com

LoveIsLouder.com