STRESSED? ANXIOUS? UNCERTAIN? NEED SOMEONE TO TALK TO DURING THESE UNPRECEDEDENT 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

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