CWRU Mental Health Resources

Crisis services
a. 911 or local emergency departments
b. CWRU police 216-368-3333
c. CWRU 24/7 counselor on call 216-368-5872
d. Suicide Prevention Lifeline: 800-273-TALK (8255)
e. National Hopeline Network: 1-800-SUICIDE (1-800-784-2433)
f. Frontline Services, Cuyahoga County (24-hour crisis hotline): 216-623-6888
g. Crisis Text Line: text 4HOPE to 741741 (can actually text any word, if one is unable to remember 4HOPE in the midst of a crisis)
h. IMAlive (online crisis chat): https://www.imalive.org/
i. Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline: 1-800-662-HELP (4357)
j. National Eating Disorder Association (NEDA) HelpLine: 1-800-931-2237, or text NEDA to 741741
k. The Trevor Lifeline (LGBTQ+): 866-488-7386

CWRU-affiliated resources
1. CWRU University Counseling Service
   a. Available services
      i. 24/7 counselor on call (216) 368-5872
      ii. 24/7 nurse on call (216) 368-2450
      iii. Individual counseling (limited to 12 one-hour sessions per year)
         1. Walk-in services available 8:30 AM-4:40 PM on Monday, Tuesday, Wednesday, and Friday, and Thursday 9:30 AM-4:40 PM (no appointment needed)
      iv. Group therapy (unlimited)
        v. Psychiatric services
        vi. Sexual/power-based violence counseling and advocacy
        vii. Neuropsychological testing
        viii. Consultation services (offered for faculty, staff, and students who are trying to help another person through difficult times)
        ix. Referrals to community providers or UH resident clinic
   b. Contact information
      i. Address: Sears Library Building, Suite 220
         2083 Martin Luther King Jr Dr., Cleveland, OH 44106
      ii. Phone: 216-368-5872
         Call to schedule appointments M-F 8:30 AM-5:00 PM
         Walk-in any time to establish care
         Also serves as 24/7 crisis hotline

2. Psychiatry departments at local hospitals
   a. UHCMC: 216-844-2400
   b. Cleveland Clinic: 216-636-5860
Can also chat online with a representative at https://my.clevelandclinic.org/departments/neurological/depts/behavioral-health/adult-psychiatry

MHMC: 216-778-4428

Office of Multicultural Affairs: https://case.edu/studentlife/multicultural/

LGBT Center: https://case.edu/lgbt/

Interreligious Council: https://case.edu/studentlife/about/dean-students/interreligious-council

Women’s Center: https://case.edu/centerforwomen/

Disability Resources: Call 216-368-5230, email disability@case.edu, or visit https://case.edu/studentlife/healthcounseling/disability-resources
  
  Have drop-in hours (listed on website) where students are welcome to check in or ask questions

Resources available through the community (local and online)

1. National Alliance on Mental Illness (NAMI)
   
   Nation’s largest grassroots mental health organization dedicated to improving the lives of persons living with serious mental illness and their families
   
   Information and resources available through NAMI Greater Cleveland can be found at https://namigreatercleveland.org/ or by calling 216-875-7776
   
   Offers free, community-based support groups for people who have lived experiences with mental illness: https://namigreatercleveland.org/support-groups/peer-support-groups/
     
     Will hopefully be starting a student support group soon
   
   Multicultural Outreach Program (targets the mental health needs of the African American and Hispanic/Latino communities): https://namigreatercleveland.org/support-groups/multicultural-outreach/

2. To Write Love on Her Arms
   
   Non-profit organization which aims to present hope for people struggling with addiction, depression, self-injury and thoughts of suicide while also investing directly into treatment and recovery
   
   Can be connected to resources at https://twloha.com/find-help/

3. United Way 211 First Call for Help
   
   United Way 2-1-1 Help Center provides free and confidential 24-hour access to a compassionate professional who will review your options for help, develop a plan and act as your advocate if you are faced with barriers to service
   
   Call 211 or visit https://www.211oh.org/

4. Sexual misconduct/Title IX https://case.edu/equity/
   
   National Domestic Violence Hotline: 1-800-799-7233
   
   Cleveland Rape Crisis Center: 216-619-6192
     
     24-hour crisis and support hotline
     
     Victim assistance during criminal justice process
     
     Individual counseling for survivors and their loved ones
     
     Support groups
c. National Sexual Assault Hotline: 800-656-4673
5. LGBT Community Center of Greater Cleveland: https://lgbtcleveland.org/
6. Drug addiction services
   a. University Hospital Addiction Treatment Center: https://www.uhhospitals.org/services/psychiatry/conditions-treatments/addiction-recovery
   b. Find a Narcotics Anonymous meeting: https://www.na.org/meetingsearch/
   c. Alcoholic Anonymous: 216-241-7387
d. Al-Anon (support for caregivers/loved ones of someone with alcohol use disorder): 216-621-1381