

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

- i. Can also chat online with a representative at <https://my.clevelandclinic.org/departments/neurological/depts/behavioral-health/adult-psychiatry>
- c. MHMC: 216-778-4428
- 3. Office of Multicultural Affairs: <https://case.edu/studentlife/multicultural/>
- 4. LGBT Center: <https://case.edu/lgbt/>
- 5. Interreligious Council: <https://case.edu/studentlife/about/dean-students/interreligious-council>
- 6. Women's Center: <https://case.edu/centerforwomen/>
- 7. Disability Resources: Call 216-368-5230, email disability@case.edu, or visit <https://case.edu/studentlife/healthcounseling/disability-resources>
 - a. 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)
 - a. Nation's largest grassroots mental health organization dedicated to improving the lives of persons living with serious mental illness and their families
 - b. Information and resources available through NAMI Greater Cleveland can be found at <https://namigreatercleveland.org/> or by calling 216-875-7776
 - c. Offers free, community-based support groups for people who have lived experiences with mental illness: <https://namigreatercleveland.org/support-groups/peer-support-groups/>
 - i. Will hopefully be starting a student support group soon
 - b. 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
 - a. 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
 - b. Can be connected to resources at <https://twloha.com/find-help/>
3. United Way 211 First Call for Help
 - a. 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
 - b. Call 211 or visit <https://www.211oh.org/>
4. Sexual misconduct/Title IX <https://case.edu/equity/>
 - a. National Domestic Violence Hotline: 1-800-799-7233
 - b. Cleveland Rape Crisis Center: 216-619-6192
 - i. 24-hour crisis and support hotline
 - ii. Victim assistance during criminal justice process
 - iii. Individual counseling for survivors and their loved ones
 - iv. 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