



COUNSELING RESOURCES

COUNSELING CENTER CONTACTS

www.tri-c.edu/counseling-center

Contact Us: 800-954-8742

Our Counseling Centers provide academic and career counseling, as well as short term (7 sessions) personal counseling services for currently enrolled students. Professional counselors, social workers, and psychologists are available to help you clarify issues, provide support and guidance, and work toward a resolution.

COUNSELING HOMEPAGE

www.tri-c.edu/counseling-center

* from my Tri-C space: 'Student' tab; click on *Counseling*

- Academic Counseling
- Career Counseling
- Personal Counseling/Psychological Services
- E-Advising—Online
- Much More!

STUDENT SUCCESS WORKSHOPS

www.tri-c.edu/counseling-center/student-success-workshops.html

* from my Tri-C space: 'Student' tab; click on *Counseling Success Workshops* link in the 'Academic Support' section

- Student Success Workshops: topics on study skills, career exploration & personal development
- Links to other study skills resources
- Online workshops

WE ARE HERE TO HELP:

- Consult on student concerns/crisis situations
- Assess study skills & career interests
- Make referrals to appropriate resources
- Give presentations to your departments/classes on academic, career, or personal topics

COMMON STUDENT CONCERNS:

- Anxiety/stress management
- Depression
- Relationships
- Grief/loss
- Identity
- Academic difficulties
- Life/work/academic balance & goal-setting
- Adjustment to College life
- Fear of failure
- Career uncertainty
- Navigating College procedures

OTHER HELPFUL LINKS:

- Virtual Pamphlets on Mental Health & Study Skills
www.ccvillage.buffalo.edu/vpc.html
- Occupational Outlook Handbook
www.bls.gov/ooh
- My Plan: Tons of career info & assessments! Go to:
<http://tri-c.myplan.com/>
Create a free account, take four assessments, and follow up with counselor for interpretation & planning!

COMMUNITY RESOURCES

*More @ <http://www.tri-c.edu/counseling-center/personal-counseling.html>

Cuyahoga County Crisis Helpline

216-623-6888

<http://www.frontlineservice.org/#>

* 24/7 services, information, & support for a mental health crisis

Crisis Text Line

Text "4hope" to 741741 (Ohio only)

Text "Go" to 741741 (Nationwide)

* 24/7 services <http://www.crisistextline.org/textline/>

Suicide Lifelines

1-800-273-TALK (8255)

*24/7 services www.suicidepreventionlifeline.org

Includes Veterans & Spanish Speaking

Hearing/Speech Impaired = 1-800-799-4TTY (4889)

LGBT-specific (Trevor Project) = 1-866-488-7386

Cutting/Self Injury

1-800-366-8288 (DONTCUT) www.selfinjury.com

First Call for Help

216-436-2000 or dial 211 www.211cleveland.org

*United Way's A-Z resource guide of community resources

National Alliance on Mental Illness (NAMI)

<http://www.nami.org/> 1-800-950-6264

*Information, support groups, helplines, and more

The Free Clinic

216-721-4010 www.thefreeclinic.org

*Free medical, dental, mental health services upon qualification

Alcoholics Anonymous / Narcotics Anonymous

216-241-7387 / 888-438-4673

www.aa.org / www.aacleve.org

LGBT Center of Greater Cleveland

216-651-5428 www.lgbtcleveland.org

Domestic Violence Center – 24/7 Helpline

216-391-HELP (4357) <https://www.dvcac.org/>

Runaway Safeline– 24/7 Helpline

1-800-786-2929

Text SAFE and your current location to 69866 (24/7)

Child Abuse Hotline

216-696-KIDS (5437) cfs.cuyahogacounty.us

Elder Abuse Hotline

216-420-6700

dsas.cuyahogacounty.us/en-US/adult-protective-services.aspx

Human Trafficking

1-888-373-7888 or Text "BeFree" (233733)