

CRISIS COUNSELING RESOURCES

KU Counseling and Psychological Services (CAPS): Watkins Health Center, 2nd floor, 1200 Schwegler Drive, Lawrence, KS **785-864-2277**.

- On-campus assessment, urgent care and therapy for students.
- *Phone or walk-in during business hours* - 8am-5pm Monday, Thursday, Friday/ 8am-6pm Tuesday and Wednesday.

Headquarters Crisis Counseling:

- **FREE, 24/7** crisis counseling by phone - **785-841-2345**.
- *Live Chat* with counselors Tuesday – Saturday, 11pm-2am, go to StayAliveToday.org and click on “Time to Talk”.
- *Ongoing counseling* by appointment, provided by master-level Social Work students in Lawrence. Rates are \$10 per session regardless of insurance coverage.

Bert Nash Community Mental Health Center: 200 Maine Street, Lawrence, KS **785-843-9192**
Mon–Thurs 8am to 6pm/ Fri 8:45am to 5pm.

- Adult Walk-In Initial Assessment Hours: 10:00 a.m. – 1:00 p.m. Monday – Friday
- If you are in a crisis situation you will not have to wait for an appointment. You will meet with an Access Center representative for registration and then you will meet with a therapist. The therapist will determine the next steps for your treatment and set up your next appointment.

National Suicide Prevention Lifeline: The National Suicide Prevention Lifeline is available at all times by calling **1-800-273-8255**.

Ayuda En Español: [1-888-628-9454](tel:1-888-628-9454).

If you are deaf or hard of hearing: TTY line is available 24/7 at 1-800-799-4889.

The Crisis Text Line: Free, 24/7 resource for anyone experiencing a crisis. **Text KANSAS** to 741741 to exchange discreet, confidential messages with a trained crisis counselor.

The Steve Fund has created a special keyword, **STEVE** that young people of color can **text to 741741** to connect with a trained crisis counselor, 24/7, confidentially, for free.

The Trevor Project: Free 24/7 crisis intervention and suicide prevention services. Phone **866-488-7386 anytime**. The **text** line is available from 4:00pm - 8:00pm EST / 1:00pm - 5:00pm PT on Thursdays and Fridays by texting "Trevor" to 202-304-1200. The service also includes an online chat room 7 days a week from 3:00pm - 9:00pm EST / 12:00pm - 6:00pm PT.

Veterans Crisis Line: The [Veterans Crisis Line](#) offers 24-hour phone, chat and text services for veterans or members of their families in crisis. Call **1-800-273-8255 and press 1**, or send a **text** message to 838255.

Trans Lifeline: Hotline primarily for transgender people experiencing a crisis, including people struggling with their gender identity but unsure they are transgender. If you are not sure whether to call or not, then please call us. Staffed by transgender people. **877-565-886**

StrongHeart: Culturally-appropriate, confidential, cost-free hotline for Native Americans affected by domestic violence and dating violence. **844-762-8483**, M-F, 9am-5:30pm.