

# COUNSELING RESOURCES



## LOOKING FOR A THERAPIST?

- Email the Health & Counseling Center: [health@keuka.edu](mailto:health@keuka.edu)
- Search providers using your city or zip code: [psychologytoday.com](https://www.psychologytoday.com)
- Get matched with a therapist: [betterhelp.com](https://www.betterhelp.com)
- Contact your insurance company for a list of covered providers.

### ONLINE RESOURCE FOR COLLEGE MENTAL HEALTH

[ulifeline.org/keuka](https://www.ulifeline.org/keuka)

### TAKE A MENTAL HEALTH SCREENING

[screening.mhanational.org/screening-tools](https://screening.mhanational.org/screening-tools)

### COVID-19 SPECIFIC NY STATE

NY State Office of Mental Health:  
[nyprojecthope.org](https://www.nyprojecthope.org)

### FREE EMOTIONAL SUPPORT LINE:

1-844-863-9314



[Taking Care of Your Mental Health in the Face of Uncertainty](#)

[Surviving COVID-19: A #Real College Guide for Students](#)

[Keeping Your Distance to Stay Safe](#)

### ADDITIONAL MENTAL HEALTH SUPPORT

Click Here...

CONTACT \_\_\_\_\_  
**HEALTH@KEUKA.EDU**  
WITH ANY  
NON-EMERGENCY  
QUESTIONS

## CRISIS SERVICES

If you or someone you know is in crisis call 911 or access the National Suicide Prevention Hotline (24/7) at:

**1-800-273-TALK (1-800-273-8255)**  
**or Crisis Text Line Text: 741-741**

