TAKING CARE OF YOUR MENTAL WELL-BEING:
Campus resources to support you.

Underlined text is hyperlinked for easy access to exploring resources.

MENTAL HEALTH & WELL-BEING RESOURCES

Tuttleman Counseling Services (TCS)
Temple’s counseling center, providing formal mental health support
counseling.temple.edu
@tuttleman_resiliencycenter

Wellness Resource Center (WRC)
Temple’s health promotion office
wellness.temple.edu
@BeWellTU

Disability Resources and Services (DRS)
Providing accommodations for students with disabilities
disabilityresources.temple.edu
MyDRS.temple.edu
@templeu_drs

CARE Team
Responding to referrals about concerns for student well-being
careteam.temple.edu
Online Referral Form

ADDITIONAL WELL-BEING RESOURCES

Student Health Services (SHS)
@tustudenthealth

Campus Recreation
@tu_campus_rec

Cherry Pantry
@tucherrypantry

STUDENT INVOLVEMENT RESOURCES

Student Activities
@tuactivities

Office of Leadership Development
@tuleadership

ACADEMIC SUPPORT & SUCCESS RESOURCES

Student Success Center (SSC)
@templessc

Career Center
@templecareers

Additional support may be available within specific colleges and programs!

Support outside of the university is also available.

Crisis Text Line -
- Text HOME to 741741
- People of Color can text STEVE to 741741
- For support in Spanish text AYUDA to 741741

National Suicide Prevention Lifeline - 1-800-273-8255
The Trevor Project - 1-866-488-7386

This resource sheet was created as a supplement for the Virtual Mental Health Resource Panel on January 31, 2022 hosted by the Wellness Resource Center.