

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](https://twitter.com/tuttleman_resiliencycenter)

Wellness Resource Center (WRC)

Temple's health promotion office

wellness.temple.edu

[@BeWellTU](https://twitter.com/BeWellTU)

Disability Resources and Services (DRS)

Providing accommodations for students with disabilities

disabilityresources.temple.edu

MyDRS.temple.edu

[@templeu_drs](https://twitter.com/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](https://twitter.com/tustudenthealth)

Campus Recreation

[@tu_campus_rec](https://twitter.com/tu_campus_rec)

Cherry Pantry

[@tucherrypantry](https://twitter.com/tucherrypantry)

STUDENT INVOLVEMENT RESOURCES

Student Activities

[@tuactivities](https://twitter.com/tuactivities)

Office of Leadership Development

[@tuleadership](https://twitter.com/tuleadership)

ACADEMIC SUPPORT & SUCCESS RESOURCES

Student Success Center (SSC)

[@templessc](https://twitter.com/templessc)

Career Center

[@templecareers](https://twitter.com/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