

# MENTAL HEALTH RESOURCES

At SUNY, there are a range of system-wide, campus, and state-provided mental health resources available to support campus communities across the system. The tools below are available for campus use.

## Crisis and Phone Support

- [988 Suicide & Crisis Lifeline](#)
  - Call or text 988 for free, confidential, 24/7 support for individuals in emotional distress.
- [Crisis Text Line](#)
  - A text-based only service, text GOT5U to 741741 to be connected with a trained crisis counselor.
- [Middle Earth Peer Assistance Hotline](#)
  - University at Albany-run, peer-led hotline providing confidential emotional and crisis support for SUNY students across the system.
- [NYS Office of Mental Health – Crisis Prevention](#)
  - State resource page that links to immediate crisis hotlines and support options, including 988.
- [Veterans Crisis Line](#)
  - Confidential support for veterans and their families. Call 988 and press 1; text 838255; or chat online.
- [211 New York State](#)
  - Call 211 (or use the website) to connect with local mental health, basic needs, and community supports 24/7, free and confidential.
- [NYS OASAS HOPEline](#)
  - 24/7 confidential support, information, and referrals for substance use and problem gambling (call/text options listed on page)
- [NYS Domestic & Sexual Violence Hotline](#)
  - 24/7 confidential support by call/text/chat for domestic and sexual violence, with connection to local services

## Clinical Access and Care Services

- [SUNY Tele-Psychiatry Network \(STPN\)](#)
  - Expands access to psychiatric services for SUNY campuses through tele-health.
- [SUNY Counseling Centers Directory](#)
  - Centralized listing of SUNY Counseling Centers contact information.
- [SUNY Mental Health Resource Finder](#)
  - Centralized tool to locate campus-based, county, and statewide mental health resources available to SUNY students.

## Training, Prevention, and Response

- [SUNY Suicide Prevention Training Module](#)
- Evidence-based training to help faculty, staff, and students recognize warning signs and respond appropriately.
- [SUNY Mental Health First Aid \(MHFA\) Grant Program](#)
- Training to help individuals identify, understand, and respond to signs of mental health and substance use challenges.
- [Student Lifeline Act](#)
  - Requires 988 Suicide & Crisis Lifeline to be displayed on all SUNY student ID cards, under a statewide suicide prevention initiative led by the NYS Office of Mental Health.
- [SUNY Suicide Postvention Guide](#)
  - Guidance for campuses responding to a student death, including communication considerations, roles and responsibilities, and support strategies.

## Guidance & Statewide Initiatives

- [Student Lifeline Act](#)
  - Requires 988 Suicide & Crisis Lifeline to be displayed on all SUNY student ID cards, under a statewide suicide prevention initiative led by the NYS Office of Mental Health.
- [Suicide Prevention Center of New York State Resource Library](#)
  - Searchable library of suicide prevention resources, such as trainings, toolkits, and best practices, with resource collections specific to colleges and universities.
- [NYS Office of Mental Health – Find a Mental Health Program Directory](#)
  - A statewide directory of OMH mental health programs by county and program type to find services.
- [NYS Office of Mental Health Warmlines](#)
  - List of New York State warmlines and “someone to talk to” support options (non-emergency).
- [NYS OASAS Provider & Program Search](#)
  - Search for OASAS-certified outpatient and residential addiction treatment programs across NYS.
- [NYSDOH Rape Crisis Program Locator](#)
  - Find NYS Department of Health–approved rape crisis programs across New York State.
- [NYS OCFS – Help for Runaway and Homeless Youth](#)
  - State page directing youth/teens to immediate help options and supports (including the National Runaway Safeline).