



MENTAL HEALTH RESOURCE GUIDE FOR FACULTY, STUDENTS AND STAFF

FALL 2023

Letter From Our President Victor G. Alicea

Boricua College | Mental Health Services

There's a lot of discussion/concern about the mental health of students during these times. National studies warn about increases in psychological symptoms, substance use, and suicide rates among young adults, and Counseling Centers throughout NYC are seeing an unprecedented increase in demand for services.

As a result, we have put together a **Mental Health Resource Guide** for our students, faculty, and staff. The Resource guide can be accessed on our website and is to be used to support your students navigate this extremely stressful period.

We are introducing a **free 24/7 Crisis Text Hotline** to connect students with a trained crisis counselor. (text **HOME** to **741741**)

Additional resources include access to NYC Well - a connection to free, confidential mental health support. Speak to a counselor via phone, text, or chat and get access to mental health and substance use services, in more than 200 languages, 24/7/365.

<https://nycwell.cityofnewyork.us/en/>

WHAT THEY DO

At any hour of any day, in almost any language, from phone, tablet, or computer, NYC Well is your connection to get the help you need:

- Suicide prevention and crisis counseling
- Peer support and short-term counseling via telephone, text, and web
- Referrals and warm transfer to other services
- A follow-up to check that you have connected to care, and it is working for you

No matter what you're dealing with there are people who can help. Search the NYC WELL database for behavioral health and substance use services that work for you.

We have also compiled a general list of links to websites and portals that deal specifically with issues related to mental health. These resources are posted on our website (boricuacollege.edu).

In closing, I want to thank the Boricua College Community. I am excited to work together to promote awareness of the fact that all members of the community have been subjected to trauma; protect marginalized communities on campus while safeguarding against re-traumatization; and foster safety, connection, and coping to encourage healing from trauma.

Sincerely,
Victor G. Alicea, President

Boricua College

Mental Health Resource Guide

Boricua College believes in supporting the success of our students on both a personal and academic level, and we know that this all starts with their mental health and wellness. Please refer students to our school's website for mental health resources, including free online mental health counseling.

Students can text to 741741 to connect with a trained crisis counselor 24/7. Through our partnership with Crisis Text Line, we will help students in crisis manage difficult situations and connect to mental health resources. If you are a Boricua College student who is feeling stressed, depressed, or anxious, text **HOME** to **741741** to connect with a trained crisis counselor 24/7. Share with your friends and classmates who might be interested in using this resource!

BORICUA COLLEGE HEALTH RESOURCES

1. **Crisis Text Line - Text HOME to 741741** to connect with a Crisis Counselor
Free 24/7 support at your fingertips.

2. <https://nycwell.cityofnewyork.us/en/>
NYC WELL - WHAT THEY DO

At any hour of any day, in almost any language, from phone, tablet or computer, NYC Well is your connection to get the help you need:

- Suicide prevention and crisis counseling
- Peer support and short-term counseling via telephone, text and web
- Referrals and warm transfer to other services
- Follow-up to check that you have connected to care, and it is working for you

No matter what you're dealing with there are people who can help. Search the NYC WELL database for behavioral health and substance use services that work for you.
Specialties: Anxiety, Bereavement/Grief, Bipolar, Depression, Eating Disorders, Mental Health Challenge, Obsessive/Compulsive Disorder (OCD), Personality Disorders, Post Traumatic Stress Disorder (PTSD), Psychosis, Self-Harm, Suicide, Psychiatry/Evaluation/Medication Management, Inpatient Psychiatric Unit, Serious Mental Illness (SMI), Undocumented/Refugee/Asylee, NYC Health and Hospitals (H&H)/Public Hospital

3. If You Are Currently Experiencing a Crisis, Reach Out

NATIONAL SUICIDE PREVENTION LIFELINE:

1-800-273-8255
(1-800-273-TALK)

4. NY PROJECT HOPE – COPING WITH COVID:

- COVID-19 Emotional Support Hotline: 1-844-863-9314
- [Online Wellness Groups](#)

5. Recognized National Orgs that Sponsor Support Groups

In addition to the government resources listed above, there are also many recognized national organizations that sponsor or host mental health support groups. These support groups offer those who struggle with their mental health an opportunity to listen and be heard in a community setting. Below is a list of some of the most respected mental health organizations in the United States.

[Anxiety and Depression Association of America](#)
[American Foundation for Suicide Prevention](#)
[Depression and Bipolar Support Alliance](#)
[National Eating Disorder Association](#)
[National Alliance on Mental Illness \(NAMI\)](#)
[Mental Health America](#)
[Network of Care](#)
[Alcoholics Anonymous](#)
[American Association of Suicidology](#)
[Attention Deficit Disorder Association](#)
[Emotions Anonymous](#)
[Federation of Families for Children's Mental Health](#)
[Narcotics Anonymous](#)
[Obsessive Compulsive Foundation](#)
[Self Mutilators Anonymous](#)
[Parents, Families, and Friends of Lesbians and Gays \(PFLAG\)](#)
[TARA National Association for Personality Disorder](#)
[American Foundation for Suicide Prevention](#)

6. General Online Resources

Below is a general list of links to websites and portals that deal specifically with issues related to mental health.

[MentalHelp.net](#)
[MentalHealth.gov](#)
[The Brain & Behavior Research Foundation](#)
[National Institute on Alcohol Abuse & Alcoholism](#)
[National Institute on Drug Abuse](#)
[Healthy Place: America's Mental Health Channel](#)
[Choices in Recovery](#)