

## Mental Health Counseling on College Campuses

### University of Kentucky

Counseling Center: Consultation and Psychological Services (UKCC)

Phone: (859) 257-8701 Website: [www.uky.edu/StudentAffairs/Counseling/](http://www.uky.edu/StudentAffairs/Counseling/)

Location: 2nd & 3rd Floors of Frazee Hall

- Any student who is taking at least six credit-bearing hours at UK may use the services at the UKCC **free of charge**.
- Emergency: either walk into the center or call (859) 257-8701

### Northern Kentucky University

Health, Counseling, & Student Wellness

Phone: 859-572-5650 Website: [hcsw.nku.edu/counseling.html](http://hcsw.nku.edu/counseling.html) Email: [hcsw@nku.edu](mailto:hcsw@nku.edu)

Location: Nunn Drive, University Center Suite 440. \$15 for individual sessions (out of pocket).

- Hours: Monday through Friday from 8:30 a.m. to 4 p.m.
- After-hours crisis line: (859) 572-7777. Regional Crisis 24-Hour Hotline: 513-281-2273

### University of Cincinnati

Counseling and Psychological Services (CAPS)

24 Hr Phone #: 513-556-0648 Website: [www.uc.edu/counseling.html](http://www.uc.edu/counseling.html)

Location: 225 Calhoun Street, Suite 200 next to Rue 21. Counseling Sessions - **first 5 are free**.

- Hours: Mon - Fri 8 a.m. - 5 p.m. Urgent care walk-in 1 p.m. - 4 p.m.
- Psychiatric Emergency Services, University Hospital: 513-584-8577
- Substance Abuse Assessment: (513) 281-7422

### University of Louisville

Counseling Center

Phone: 502-852-6585 Website: [louisville.edu/counseling/](http://louisville.edu/counseling/) Email: [coping@louisville.edu](mailto:coping@louisville.edu)

Location: 2207 S. Brook Street. *All students may use the **services for free**.*

- Emergency: Contact the Center at 502-852-6585 or walk directly to the building.
- Emergency Psychiatry at University of Louisville Hospital: 502-562-3120
- [Hope Now Hotline](http://www.louisville.edu/health_wellness/counselingcenter/index.php): 502-589-4313

### Western Kentucky University

Counseling & Testing Center

Phone: 270-745-3159 Fax 270-745-6976 Website: [www.wku.edu/heretohelp/](http://www.wku.edu/heretohelp/)

Location: Potter Hall, Room 409. There is a one-time \$20.00 fee for counseling services.

- Hours: Monday – Friday from 8:00am-4:30pm.
- For emergency and after hours information, call 270-745-3159.

### Thomas More College

Campus Counseling Center

Phone: (859) 344-3521 Website: [www.thomasmore.edu/studentlife/counseling.cfm](http://www.thomasmore.edu/studentlife/counseling.cfm)

Location: Administration Building. Services are free to students.

- For after hour emergency care contact the Public Safety Office at (859)341-4867
- Health Services X3529 Women's Crisis Center - (859) 491-3335

### University of Dayton

Counseling Center

Phone: 937-229-3141

Website: [https://udayton.edu/studev/health\\_wellness/counselingcenter/index.php](https://udayton.edu/studev/health_wellness/counselingcenter/index.php)

Location: Gosiger Hall on the first floor. Services offered at no charge.

### **Xavier University**

McGrath Health and Wellness Center: Counseling Services

Phone: (513) 745-3022 Website: [www.xavier.edu/health-wellness/](http://www.xavier.edu/health-wellness/)

- Hours: Fall/Spring Semester – Monday through Friday, 8:30am to 5:00pm
- Counseling and psychotherapeutic treatment is available **at no charge**.
- 24 hour local suicide hotline: (513) 281-CARE (2273)
- If you believe you have been the victim of assault, rape, harassment, discrimination, bullying, etc. call an advocate at 513-745-1000. Advocates are available 24 hours a day for emergency calls and will provide you with support and information about your options.

### **Bellarmine University**

Counseling Center

Phone#: 502.272.8480 Website: [www.bellarmino.edu/studentaffairs/counselingcenter/](http://www.bellarmino.edu/studentaffairs/counselingcenter/)

Location: Bellarmine Office Building), Suite 403

- *The Counseling Center offers **free** to any currently enrolled student.*
- After hours emergency: 502.272.7777 or **Seven Counties Crisis Line** at 502.589.4313

### **Eastern Kentucky University**

Counseling Center

Phone: (859) 622-1303 Website: [counseling.eku.edu](http://counseling.eku.edu)

Location: Whitlock Building Room #571 Counseling is free of charge for a certain number of sessions.

- HOURS: Monday through Thursday - 8am to 5pm; Friday - 8am to 4:30pm.
- Community Crisis Hotline: 1-800-928-8000

### **University of Alabama**

Counseling Center

Phone: (205) 348-3863 Website Information: <https://counseling.sa.ua.edu/>

Location: 1000 South Lawn Office Building. Cost is \$15 per visit with the first one free.

- Hours : By appointment M-F (8-5) (9-5 on Tuesdays)
- Can provide up to 15 a year - with referral to outside counselors when needed

### **Hanover**

Campus Center, third floor next to Health Services

Phone: (812) 866-7399

Register for an appointment on MyHanover via the intake form (login required). We are able to work in tandem with a provider from your hometown if requested. **All services are free and confidential.** After hours and emergency services should contact Campus Safety at extension 7999.

### **Centre College**

Parsons Student Health Center

Phone: 859.238.5530 Website: [www.centre.edu/campus-life/student-life/health-wellness-2/](http://www.centre.edu/campus-life/student-life/health-wellness-2/)

- Location: Parsons Student Health Center (lower level of Sutcliffe Hall)
- Centre Counseling services are available to every Centre student **free of charge**.
- After-hours counseling crisis line: 859.238.5740

### **Transylvania University**

[www.transy.edu/campus/counseling.htm](http://www.transy.edu/campus/counseling.htm)

Counseling Center

Phone: (859) 281-3682 Email [counseling@transy.edu](mailto:counseling@transy.edu)

- Location: Back suite of the Campus Center
- Hours: Appointments may be scheduled Mondays through Thursdays
- 24-hour Mental Health Crisis Line for Lexington, KY: 1-800-928-8000
- Bluegrass Rape Crisis Line: 1-800-656-4673
- Good Samaritan Hospital Emergency Services for Behavioral Health: 226-7063

## For Anyone

- **[The National Suicide Prevention Lifeline: 1-800-273-TALK \(8255\)](#)**
  - This is a 24/7 hotline
- **[ULifeLine.org: 1-800-273-TALK \(8255\)](#)**
  - ULifeline is an anonymous, confidential, online resource center, where college students can be comfortable searching for the information they need and want regarding emotional health.
- **[National Sexual Assault Hotline: 800.656.HOPE \(4673\)](#)**
  - Call to be connected with a trained staff member from a sexual assault service provider in your area.
  - Available 24 hours a day, 7 days a week. Confidential and private.
  - <https://ohl.rainn.org/online/>
- **[Alcoholism Hotline: 855-396-2923](#)**
  - Call for a 100% confidential assessment
- **[Suicide Prevention:](#)**
  - [A Friend Asks](#) - This app offers tips for getting help for a friend (or yourself). Helpful information includes what to do RIGHT NOW as well as what NOT to do. <http://jasonfoundation.com/get-involved/student/a-friend-asks-app/>
  - [LifeBuoy](#) – This app is designed specifically to assist suicide survivors after a recent attempt. It offers a daily mood diary, suggestions for decreasing social isolation, and other ways to monitor increased warning signs of suicidality. <https://itunes.apple.com/us/app/lifebuoy-suicide-prevention/id686973252?mt=8>
  - [ReliefLink](#) - This award-winning suicide prevention app assists users with tracking daily mood/thoughts, creating a safety plan, locating the nearest hospitals, and obtaining quick-access to coping methods. <https://itunes.apple.com/us/app/reliefink/id721474553?mt=8>