

Mental Health and Wellness

- ▶ Crisis Text Line:
 - ▶ 741741
 - ▶ Students of Color can also text STEVE at 741741
- ▶ UD Helpline 24/7/365:
 - ▶ 302-831-1001
- ▶ Student Health Services:
 - ▶ 302-831-2226;
 - ▶ <https://sites.udel.edu/studenthealth/>
- ▶ Center for Counseling & Student Development:
 - ▶ 302-831-2141;
 - ▶ <https://sites.udel.edu/counseling/>
- ▶ Student Wellness & Health Promotion:
 - ▶ 302-831-3457
 - ▶ <https://sites.udel.edu/studentwellness/>
- ▶ Community Provider Database:
 - ▶ <https://www.communityproviders.counseling.udel.edu/>
- ▶ Student Behavior Consultation Team (SBCT):
 - ▶ <https://sites.udel.edu/deanofstudents/sbct/>