



Your Guide to Well-Being
at Texas Tech University

Support at Every Step

Risk Intervention & Safety Education (RISE)

806.742.2110 | Drane Hall 247
Prevention education:
workshops and coaching

Help When You Need It

TTU Crisis Helpline

Service available 24/7/365
806.742.5555

United States Crisis Text Line

Text HOME to 741741

National Suicide Prevention Lifeline

1.800.273.8255

StarCare 24/7 Crisis Line

Lubbock: 806.740.1414
Toll-free: 800.687.7581

The Trevor Project

1.866.488.7386
Free Crisis helpline for
LGBTQIA+ youth

Voice of Hope

806.763.3232
www.voiceofhopelubbock.org
Free individual counseling and
group therapy for victims of
sexual assault

Emergency Medical Services, Fire, or Police

Dial: 911

Hope For The Future



Scan to save
these resources
& more!

Raider Recharge

806.742.2110

One-on-one wellness coaching for
students utilizing a holistic, strengths
based approach to well-being

Therapy Assistance Online (TAO)

<https://www.depts.ttu.edu/scc/tao/>
Free self-help platform of tools,
information, and skills

TTU Dean of Students

806.742.2984 | SUB Suite 201
Crisis support for students of concern

Student Counseling Center

806.742.3674 | SWC 201
Clinic Hours: M-F 12:30-3:30
Free individual, partner, and group
counseling. Call to schedule an
appointment

Student Health Services

Behavioral Health

806.743.2848 | 1003 Flint Ave.
Call to request an intake screening

Family Therapy Clinic

806.742.3074 | Human Sci. 164
\$10 per session for TTU students.
Call to schedule an appointment

Psychology Clinic

806.742.3737 | Psychology 111A
Call to schedule an appointment

Question. Persuade. Refer..

Suicide prevention and intervention
skill training offered by RISE and the
Student Counseling Center. Email
amanda.wheeler@ttu.edu to register