National Crisis and Mental Health Resources

- **NAMI HelpLine:** 1-800-950-NAMI (6264) or email info@nami.org
- **SAMHSA’s National Helpline:** 1-800-662-HELP (4357) is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.
- **Crisis Text Line:** Text HOME to 741741 to connect with a crisis counselor
- **National Suicide Prevention Lifeline** (24/7): 1-800-273-8255 (Available in English and Spanish)
- Link to: [International Mental Health Support Hotlines](#)
**Brief Mental Health Screening**
Brief screenings are the quickest way to determine if you should connect with a mental health professional. Take a mental health screening.

**UNCG Cares**
“Every student at UNCG has a responsibility to help a student who is in distress.” Learn more about recognizing when someone is in distress and how to offer them support, through the Dean of Students Office at UNCG.

**Helping a friend with suicidal thoughts:**
Want to learn more about how to help a friend who is dealing with suicidal thoughts? ASK LISTEN REFER is UNCG’s free online 20-minute suicide prevention training program. Visit this link to start the training.
Mental Health Apps & Additional Resources

Headspace
Insight Timer
Pacifica
Tactical Breather
Jour
Fabulous
Calm

UNCG Mental Health Services

UNCG Counseling Center
Phone: 336-334-5874
Anna M. Gove Student Health Center
107 Gray Drive

Nicholas A. Vacc Counseling and Consulting Clinic
Phone: 336-334-5112
Ferguson Building, 2nd floor, Room 223

UNC Greensboro Psychology Clinic
Phone: 336-334-5662
1100 W Market St, Greensboro, NC 27403
For International Students:

Visa, travel, and tax-related services:

a. [International Programs Center Page](#)

b. If you cannot easily locate the information you require here, contact iss_ipc@uncg.edu for additional help

Academic, health-related supports/services & resources:

a. [International Students Resources List](#)

b. [UNCG-SMART Planning Project](#) (Dean of Students Office)

SMART planning staff assists students in identifying barriers to success and steps for removing barriers. SMART planning sessions may cover discussion topics such as time management, finances, study habits, prioritization, personal coping strategies, stress management, and personal/academic goal setting. If you are interested in participating in this project please email deanofstudentsoffice@uncg.edu

Mental Health Resources:

a. Learn about cultural shock, the acculturation process, and 4 common strategies for acculturation:

b. Workshop Recording: [The Challenges of Acculturation](#)

c. [UNCG Vacc Clinic Wellness and Self-Care Resources](#)
For Faculty: How to Support International Students

- Reach out to international students proactively to check in with their emotional and mental well-being.
- Cultivate a sense of openness and willingness to hear about international students’ experiences.
- Become mindful of different financial, legal, social, and political implications affecting academic success.
  - Some international students might be facing a multitude of acculturative stressors, including stereotypes, biases, culture shock, and homesickness.
  - International students might also be wrestling with psychological stressors, including adapting to new learning environments.
  - Financial stressors often combine with access to healthcare and insurance in addition to participation in campus activities and community events.
- Normalize multiple ways to seek and receive support.
  - Counseling services, such as the resources listed here, can be helpful to international students. It is important to assess their readiness to seek support from formal counseling services.
  - Some counseling services may have waitlists, which can delay a student planning to enroll in counseling services.
  - Consider other forms of support, such as peers, mentors, family members, and local community resources, that can be helpful for promoting inclusion, belonging, and overall wellness.
  - Highlight the strengths of how they have navigated and sought support in the past.
- Use this document to provide mental health resources to international students in your classes and programs.

Resources for Faculty:
NAFSA: Association of International Educators
UNCG Lloyd International Honors College
Counseling services, workshops, and consultations

We offer mental health services at an affordable price and will connect you with a counselor-in-training that best meets your needs.

To answer any questions, including scheduling or fee structure, please call us at 336-334-5112 or email us at cedclini@uncg.edu

Other bilingual mental health providers in the area

Spanish, Mandarin, Romanian, Russian, Creole, ASL, German, Polish, Arabic, Hindi, Punjabi, Korean, Portuguese:
https://docs.google.com/spreadsheets/d/1DErwhcAcUCmfJQivdkg4Kl1_kYuLmk-UWX4d3qH7w/edit?usp=sharing

Center for New North Carolinians at UNCG

https://cnnc.uncg.edu/
The CNNC at uncg offers numerous resources including:
- Immigration
- Interpretation

Additional resources:
Hotlines, UNCG support, off-campus emergency support, online support, food, and clothing pantries:
https://docs.google.com/document/d/1Z7_RYxsq58sP-w-j4DvMsio9iUB8s9T07m318YdE4/edit?usp=sharing