

BEARKATS, YOU ARE NOT ALONE.



SUICIDE/CRISIS HOTLINE

Suicide Prevention Lifeline
Dial 9.8.8

Crisis Text Line
Text 'HOME' to 741.741

CAMPUS MENTAL HEALTH RESOURCES

SHSU Counseling Center
936.294.1720

Jack Staggs Counseling Clinic
936.294.1121

TimelyCare
timelycare.com/shsu



MEMBER THE TEXAS STATE UNIVERSITY SYSTEM

BEARKATS, SUPPORT IS ALWAYS AVAILABLE.



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BEARKATS, WE ALL NEED SUPPORT SOMETIMES.



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