

Triggered? Looking for support for yourself or a friend?

RAINN.org (Rape, Abuse, and Incest National Network)

This website provides excellent information on types of abuse and how to seek support/help. They also offer an online chat option and a 24/7 hotline (800-656-HOPE).

988: Suicide & Crisis Lifeline

This is a new, free national resource – like 911 but for mental health.

Rollins Cornell Counseling Clinic

For confidential support with all kinds of mental health issues; offers free **weekly** therapy appointments. Contact: counseling@rollins.edu.

Rollins Counseling and Psychological Services (CAPS)/Wellness Center

407-628-6340

For confidential support with all kinds of mental health issues; offers free therapy appointments **every other week**.

Crisis Textline (support via texting)

Text 741741 for free, 24/7

Provides support for depression, anxiety, suicidal thoughts, sexual assault, how to help someone in crisis, etc.

Victim Service Center of Central Florida (certified sexual violence/rape crisis center)