

HEALTH & WELL-BEING RESOURCES FOR STUDENTS AT CLAREMONT LINCOLN UNIVERSITY

DISCLAIMER

Claremont Lincoln University (CLU) provides wellness and mental health resources for informational purposes only and is not responsible for the clinical diagnosis or treatment procedures of any provider of services listed on these sites. CLU has not made any independent investigation of any provider listed and has not verified the credentials of any provider. CLU does not endorse any provider listed on these sites. Each user should independently and carefully investigate and verify the credentials of any provider before seeking consultation or treatment.

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SUICIDE PREVENTION & SUPPORT

1-800-273-8255 (National Suicide Prevention Hotline)

Lifeline Chat and Text is a service of the 988 Suicide & Crisis Lifeline: To start a text conversation instead, send a text to 988. Your conversations are free and confidential.

National Suicide Prevention Lifeline (Options for Deaf and Hard of Hearing)
For TTY Users: Use your preferred relay service or dial 711 then 988

1-866-488-7386 (The Trevor Lifeline- LGBTQ+ friendly)

HOTLINES FOR SEXUAL ASSAULT, VETERANS IN CRISIS, CHILD ABUSE, AND DOMESTIC & INTIMATE PARTNER VIOLENCE

National Sexual Assault Hotline
(800) 656-4673

Veterans Crisis Line
988, then press 1
Text 838255
Chat online

Childhelp National Child Abuse Hotline
(800) 422-4453

National Domestic Violence Hotline
(800) 799-7233



APPS & ONLINE RESOURCES

PTSD Coach app: Provides links to support services; guidance on how to lift mood, reduce stress and symptoms of PTSD, and more.

Website: <https://www.ptsd.va.gov/apps/ptsdcoachonline/default.htm>

App: <https://play.google.com/store/apps/details?id=is.vertical.ptsdcoach&hl=en&gl=US>

Stress and Anxiety Companion app: An app to manage everyday stress and worries. Includes breathing exercises, daily advice, and audio guides structured around cognitive behavioral therapy.

App store preview: <https://apps.apple.com/us/app/stress-anxiety-companion-beautifully/id786238252>

LIFE THREATENING EMERGENCIES & IMMEDIATE SUPPORT

If you or someone you know is in crisis, in need of immediate emergency support, or has a life-threatening emergency: Call 911 for immediate help or go to the nearest hospital emergency room.

If you are in the region around CLU offices in Claremont, CA, the following hospitals have emergency rooms:

Montclair Hospital Medical Center

5000 San Bernardino St.
Montclair, CA 91763 | 909-625-5411

Pomona Valley Hospital Medical Center

1798 N. Garey Ave.
Pomona, CA 91767 | 909-865-9500



SUBSTANCE ABUSE & MENTAL HEALTH SERVICES

Substance Abuse and Mental Health Services Administration (SAMHSA): SAMHSA's National Helpline, 1-800-662-HELP (4357) (also known as the Treatment Referral Routing Service), or TTY: 1-800-487-4889 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.

Also visit the online treatment locator, or send your zip code via text message: 435748 (HELP4U) to find help near you. Read more about the HELP4U text messaging service.

FREE, CONFIDENTIAL TELEPHONE SUPPORT FOR GRADUATE STUDENTS

The National Grad Crisis Line: 1.877.GRAD.HLP (1.877.472.3457)

The National Grad Crisis Line helps graduate students reach free, confidential telephone counseling, crisis intervention, suicide prevention, and information and referral services provided by specially-trained call-takers. Caring, professional staff and well-trained volunteers answer around the clock.

All counselors have completed training to understand the unique issues faced by graduate students. In addition to listening to and empathizing with a caller's concerns, counselors assess the caller's lethality risk, counsel, and offer various local support services and mental health resources for follow-up.

Operation Reach Out App: An app designed to encourage people who are feeling suicidal to reach out for help, designed initially for those in the military. Provides a help center, resources for loved ones, and activities to help users connect with loved ones.

App store preview: https://apps.apple.com/ca/app/operation-reach-out/id478899653?mt=8%20PTSD%20Coach%20-%20http%3A%2F%2Fwww.ptsd.va.gov%2Fpublic%2Fmaterials%2Fapps%2FPTSDCoach_app

DBT Diary Card and Skills Coach app: A DBT app designed by a licensed clinical psychologist. Features coaching, self-treatment skills development, and reflection.

Website: <https://www.diarycard.net/>

Sanvello: Features a variety of mental health tools including regional coaching, mood tracking, meditations, chat forums, and helpful articles.

Website: <https://www.sanvello.com>