

Mental Health Resources at SUNY: Fall 2020/Spring 2021

Clinical Mental Health Care

Student Telecounseling Network (STCN): participating campuses refer students through the counseling center, who can receive psychiatry and therapy services in an online format. Campus counseling center staff can also use STCN for consultation services. Participating campuses as of 12/2020 include Binghamton, Cobleskill, Cortland, Fredonia, Morrisville, Oneonta, Onondaga Community College, Oswego, Nassau Community College, New Paltz, Poly, Potsdam. Clinical care is provided by Upstate Medical University; Downstate is being onboarded as a second clinical site. All care is provided to students at no cost to the participants thanks to a legislative appropriation from the state. *This service is limited to current students.*

ThrivingCampus: ThrivingCampus is a web-based application that students can use to connect to off-campus resources across the state and the nation; that can be as part of a referral process with a campus counseling center, or entirely on their own through provider directories created for each campus. Instead of a student having to search across multiple platforms, ThrivingCampus allows a student to browse, filter, and contact providers in one place. It also gives campus counseling centers the option to create custom referral lists for individual students who may need more support and to check in with students that have been referred to off-campus resources. 44 campuses are currently using the app for referrals, or are in the process of launching it. The app is available to all students at no cost through October 2021. *This service is limited to current students.*

<https://www.thrivingcampus.com/>

Peer Support and Crisis Management

Crisis Text Line: Staffed 24/7/365 by trained volunteers skilled in active listening, Crisis Text Line helps individuals in distress move from a hot moment to a cool calm. There is a New York-specific keyword for Crisis Text Line: SUNY participants can text "Got5U" to 741-741. More information, including a free marketing campaign that any SUNY campus or organization can use and customize at no cost, is available at

<https://www.suny.edu/mental-health/> *This service is available to students, faculty, and staff.*

Middle Earth: Middle Earth provides peer-to-peer support for students, coordinated by UAlbany and available at no cost to all SUNY students. It's a stigma-free, secure line for connecting about emotional, social, and other life issues. The phone lines are staffed by peers trained to assess students' wellbeing and, if necessary, link them with the appropriate mental health services, academic or technological resources, or financial assistance available at their respective campuses. Students do **not** need to be in crisis to use this hotline. Middle Earth runs 12 PM to 12 AM Monday through Thursday and 24/7 over weekends; the hotline # is 518-442-5777.

<https://www.albany.edu/counselingcenter/middle-earth.php> *This service is limited to current students.*

#ReachOutSUNY is a public awareness campaign designed to shatter the stigma associated with mental health challenges and asking for help, while educating students about available services and programs. The

campaign will ultimately connect with more faculty, staff, and students to promote mental health resources, including training, clinical care, and health promotion strategies. Marketing strategies for highlighting this campaign include video announcements, social media, and a blog. *#ReachOutSUNY can be used by students, faculty, or staff.*

Project Hope: Staffed by trained volunteers, Project Hope provides support to New Yorkers that are impacted by COVID-19, 8 AM to 10 PM, 7 days a week. The service is free, confidential, and anonymous. The hotline number is: 1-844-863-9314. <https://nyprojecthope.org/> *This service is available to students, faculty, and staff.*

Education, Training, and Professional Development

Question, Persuade, Refer (QPR): This online training program teaches participants how to recognize and respond to someone in distress or crisis, and help them seek support or assistance. The training is free to all SUNY participants, takes about an hour to complete, and is appropriate for a range of situations. QPR does not require clinical training, only a willingness to listen, care, and help. Register below; use org code **SUNY**. <https://www.suny.edu/mental-health/> *This service is available to students, faculty, and staff.*

Virtual Convening: “Mental Health in the Changing Higher Education Landscape”. This virtual meeting in December, a collaboration between SUNY, the Office of Mental Health, and the New York State College Health Association, provided two weeks of content broadly focused on college student suicide prevention. The convening brought together over 500 participants from New York and across the nation. 120 SUNY students attended the conference (registration fees were waived for students), and 113 SUNY professionals received continuing education credits (e.g., social work, CHES, LMHC) at no cost.

Other Mental Health Programs and Activities

The **Student Mental Health and Wellness Task Force** was convened in 2019 to address the mental health needs of SUNY students. The task force will investigate, develop, and recommend strategies for scaling evidence-based and innovative models for student support across all 64 SUNY campuses, as well as investigate diverse funding sources for mental health services and resources. The Task Force is led by co-chairs SUNY Downstate Health Sciences University President Wayne J. Riley, M.D. and SUNY Oswego President Deborah Stanley, in consultation with Leah Wentworth, Ph.D., MPH, SUNY System Administration’s Director of Student Wellness. The group is comprised of system administration staff, campus presidents, counseling center and student affairs staff, faculty and students, as well as state and national mental health experts. The group is expected to produce their final report in the spring of 2021.

Current information on mental health resources can be found at: <https://www.suny.edu/mental-health/>
Questions about resources? Ideas? Reach out to the Director of Student Wellness: leah.wentworth@suny.edu