

## A Resource Guide for Plymouth State University students who:

Are going through a tough  
time;

Want to help a friend in need;

Are interested in learning more  
about the programs and  
services offered to help you  
achieve personal and academic  
success

**Plymouth State University is  
here for you...**

**Give us a call!**



### HELPLINES

#### **National Suicide Prevention Lifeline** 1-800-273-8255

No matter what problems you are dealing with,  
we want to help you find a reason to keep  
living. <http://www.suicidepreventionlifeline.org>

#### **Trevor Lifeline (LGBTQ+)** 1-866-488-7386

The Trevor Project is the leading national  
organization providing crisis intervention and  
suicide prevention services to lesbian, gay,  
bisexual, transgender, and questioning youth.  
<http://www.thetrevorproject.org/lifelinechat>

#### **Veterans Crisis Line** 1-800-273-8255

The Veterans Crisis Line connects Veterans in  
crisis and their families and friends with  
qualified, caring Department of Veterans  
Affairs responders through a confidential toll-  
free hotline, online chat, or text.  
<http://veteranscrisisline.net>

#### **Hearing Impaired Lifeline** 1-800-799-4889

National Suicide Prevention Lifeline for the  
hearing impaired.  
<http://www.suicidepreventionlifeline.org>

**Voices Against Violence (Crisis Line)**  
1-877-221-6176 24 Hour crisis line through  
Voices Against Violence.  
<http://voicesagainstviolence.net>

**ARE YOU CONCERNED ABOUT A  
STUDENT?  
TAKE TIME TO FILL OUT A CARE  
REFERRAL FORM**

[https://publicdocs.maxient.com/reportingform.p  
hp?PlymouthStateUniv&layout\\_id=20](https://publicdocs.maxient.com/reportingform.php?PlymouthStateUniv&layout_id=20)

# Get Connected!

**Speak up, Reach out.  
Prevention at PSU.**

## PREVENTION AT PSU



*Funding for these brochures are made possible  
in part by grant # 1U799SM060463*

## CAMPUS SUPPORT SERVICES

### **Campus Ministry** 603-535-2673

Offer sources of discussion and counseling, encouraging students, faculty, and staff to think about faith and spirituality in personal, academic, and social ways.

<http://www.plymouth.edu/office/campus-ministry/>

### **C.A.R.E. Team**

The C.A.R.E. Team investigates and responds to matters of concern related to students and staff, coordinates interventions, and makes recommendations for further action.

<http://www.plymouth.edu/office/dean-of-students/care-team-concerns-assessment-referral-education/>

### **Counseling & Human Relations** 603-535-2461

The counselors and support staff of the Counseling and Human Relations Center know that at times life can be difficult, if not overwhelming, and that during those hard times you may be in need of support.

<http://www.plymouth.edu/office/counseling/>

### **Dean of Students** 603-535-2206

The Office of the Dean of Students responds to informational and personal concerns of students and oversees the protection of student rights.

<http://www.plymouth.edu/office/student-life/>

### **Financial Aid** 603-535-2338

The PSU Financial Aid Team is committed to assisting qualified students who are unable to meet their entire educational expenses from their own and their family's resources.

<http://www.plymouth.edu/office/financial-aid/>

### **Health Services** 603-535-2350

PSU Health Services is dedicated to providing compassionate and professional care, committed to promoting, maintaining & improving the health and wellbeing of the entire student.

<http://www.plymouth.edu/services/health/>

### **International Student Services** 603-535-3370

International Student Services (ISS) is here to assist PSU international students with visa compliance, on-campus employment, buying a cell phone, obtaining a NH driver's license, opening a bank account and more.

<http://www.plymouth.edu/global/i-want-to-go-to-psu/>

### **PASS Office** 603-535-2270

PASS provides academic counseling, peer tutoring, and services for students with disabilities that are designed to engage students in developing effective learning strategies and skills

<http://www.plymouth.edu/services/pass/contact/>

### **Residential Life** 603-535-2260

Qualified Residence Directors that are willing to help with student concerns and questions.

<http://www.plymouth.edu/office/residential-life/>

### **S.A.F.E. Walk** 603-254-6272

Safe Walk provides safe walk escorts to and from any location across campus when students may not feel safe walking alone.

<http://www.plymouth.edu/office/police/1608/part-time-police-officer-positions-available-2/>

### **S.A.G.E. Center** 603-535-2387

A student-focused resource center promoting a supportive, equitable and safe campus community that values a culture of respect for diverse populations and perspectives.

<http://www.plymouth.edu/office/sage/>

### **Wellness Center** 603-535-2853

The mission of the Wellness Center is to improve & support the holistic health and well-being of the students at PSU, and in doing so, help them to achieve academic and personal success.

<http://www.plymouth.edu/office/wellness/>

### **University Police** 603-535-2330

The Plymouth State University Police Department assists in creating and maintaining a safe, comfortable environment for the campus community and surrounding areas.

<http://www.plymouth.edu/office/police/>

### **Veterans Office** 603-535-2371

Veterans Service Center assists veterans and their dependents with any concerns regarding educational benefits and entitlements.

<http://www.plymouth.edu/office/veterans/>

## COMMUNITY SUPPORT SERVICES

### **Genesis Behavioral Health** 603-536-1118

Genesis Behavioral Health (GBH) is the community mental health center serving Belknap and southern Grafton Counties.

<http://www.genesisbh.org/index.php?pid=1>

### **Plymouth Police Department** 603-536-1626

Serves the entire community as both facilitator and problem solver, recognizing a unique citizen makeup of traditional residents, short-term residents, and transient populations, all of whom have different needs. <http://plymouthpd.org>

### **Speare Memorial Hospital** 603-536-1120

Speare memorial hospital offers a wide variety of health services for Plymouth and surrounding towns in New

### **Voices Against Violence** 603-536-5999

Provides information and support to victims, survivors, their family and friends, community members and professionals around domestic violence, children who witness domestic violence, sexual violence and harassment, stalking, and bullying.

<http://voicesagainstviolence.net>

**Speak Up, Reach Out!**