



Frost House

603-535-2206

Responds to informational and personal concerns of students and oversees the protection of student rights.

- **Academic Student Advocate and Policy Support** Provides advice, guidance, and support for students in matters that may affect their academic standing or progress toward a degree.
- **Title IX / 504 Coordinator** Receives reports of sex/gender discrimination (including sexual harassment and assault) and discrimination, discriminatory harassment. Ensures prompt, thorough, equitable resolution including supportive measures, investigation, remedies.

Office for Student Advocacy and Well-Being

603-535-2405

Provides student support, advocacy, and resource navigation services and oversees the C.A.R.E. (Concern, Awareness, Referral and Engagement) process.

Campus Accessibility Services

603-535-3300

If you have a diagnosis or disability that could require academic accommodation(s), please contact Campus Accessibility Services.

Counseling Center

603-535-2461

Supports students working to address challenges related to anxiety, adjustment, depression, relationships, eating and body image, alcohol, other drugs and more.

Health Services

603-535-2350

Provides compassionate and professional care, committed to promoting, maintaining & improving the health and wellbeing of the entire student.

IDEA Center

603-535-2365

Supports belonging, success and empowerment for students and employees across diverse identities and experiences.

PASS Office

603-535-2270

Provides several different kinds of tutoring; one-on-one, small group, drop-in study skills help, and more and our services are available to all undergraduate students.

Academic and Career Advising Center

603-535-3065

Holistic advising for students needing additional support. Assisting with on-campus student employment.

University Police

603-535-2330

Works to create and maintain a safe campus environment.

- **University Police - Ride Safe Program** Students may request a Safe Walk/ services on campus and within the local area after hours when the shuttle is not running.

Student Support Foundation

A student led organization with the mission of keeping students in school through short term emergency assistance and operates the campus food pantry.

Campus Ministry

Encourages students to think about faith and spirituality in personal, academic, and social ways.

Office of Military Services

military.services@plymouth.edu

Provides support and resources to all military students, including those actively serving, stand-by reserves, those discharged and the families of the above.

Community Support

NH Rapid Response

833-710-6477

A centralized contact center for individuals experiencing a mental health and/or substance use crisis. They consolidate and streamline access to mental health and substance use disorder services.

Suicide & Crisis Lifeline (call or text) 988

Lakes Region Mental Health Center

603-524-1100 (Option 9)

The community mental health center serving Belknap and southern Grafton counties.

Plymouth Police Department

603-536-1626

Serves the entire community as both facilitator and problem solver.

Spear Memorial Hospital

603-536-1120

Offers a wide variety of health services for the town of Plymouth and surrounding towns.

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.