

Resources

Local Resources:	
Janette Wiggett, Title IX Coordinator Plymouth State University Frost House (office location)	1-603-535-2206 (Frost House, main line) 1-603-535-2172 (direct line) Janette.Wiggett@plymouth.edu
Voices Against Violence (off-campus crisis services agency) Confidential Resource Advisor	24/7 Hotline: 1-603-536-1659 Phone/TTY: 1-603-536-5999 www.voicesagainstviolence.net
Plymouth State University Counseling Center	1-603-535-2461
Plymouth State University Health Services	1-603-535-2350
Lakes Region Mental Health	1-603-524-1100
New Hampshire Rapid Response (for individuals experiencing mental health crisis)	Call: 1-833-710-6477 or 988 Text: 988 nh988.com
Plymouth Police Department	Police Emergency Request Services: 1-603-536-1626 Ambulance/Fire/Police: 9-1-1
Apps-free to students with Plymouth.edu email	
uSafeUS app	https://usafeus.org/
TimelyCare app	timelycare.com/plymouth
National Resources:	
National Domestic Violence Hotline	1-800-799-SAFE (7233) TTY: 1-800-787-3224 http://www.thehotline.org/
Rape, Abuse, and Incest National Network (RAINN)	1-800-656-HOPE (4673) https://rainn.org/
National Sexual Violence Resource Center	http://www.nsvrc.org/
Safe Helpline- Dept. Of Defense Community Anonymous, confidential, 24/7	1-877-995-5247 https://online.safehelpline.org/
National Center on Domestic Violence, Trauma, and Mental Health	ncdvtmh.org/for-survivors/
Love Is Respect – Dating Abuse Helpline	1-866-331-9474 Text LOVEIS to 22522 https://www.loveisrespect.org