

## Resources

<b>Local Resources:</b>	
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) <a href="mailto:Janette.Wiggett@plymouth.edu">Janette.Wiggett@plymouth.edu</a>
Voices Against Violence (off-campus crisis services agency) Confidential Resource Advisor	24/7 Hotline: 1-603-536-1659 Phone/TTY: 1-603-536-5999 <a href="http://www.voicesagainstviolence.net">www.voicesagainstviolence.net</a>
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 <a href="http://nh988.com">nh988.com</a>
Plymouth Police Department	Police Emergency Request Services: 1-603-536-1626 Ambulance/Fire/Police: 9-1-1
<b>Apps-free to students with Plymouth.edu email</b>	
uSafeUS app	<a href="https://usafeus.org/">https://usafeus.org/</a>
TimelyCare app	<a href="http://timelycare.com/plymouth">timelycare.com/plymouth</a>
<b>National Resources:</b>	
National Domestic Violence Hotline	1-800-799-SAFE (7233) TTY: 1-800-787-3224 <a href="http://www.thehotline.org/">http://www.thehotline.org/</a>
Rape, Abuse, and Incest National Network (RAINN)	1-800-656-HOPE (4673) <a href="https://rainn.org/">https://rainn.org/</a>
National Sexual Violence Resource Center	<a href="http://www.nsvrc.org/">http://www.nsvrc.org/</a>
Safe Helpline- Dept. Of Defense Community Anonymous, confidential, 24/7	1-877-995-5247 <a href="https://online.safehelpline.org/">https://online.safehelpline.org/</a>
National Center on Domestic Violence, Trauma, and Mental Health	<a href="http://ncdvtmh.org/for-survivors/">ncdvtmh.org/for-survivors/</a>
Love Is Respect – Dating Abuse Helpline	1-866-331-9474 Text LOVEIS to 22522 <a href="https://www.loveisrespect.org">https://www.loveisrespect.org</a>