

Mental Health Resources

University Counseling Center

Short term individual therapy, long term group therapy, and more FREE to GVSU students!

[CLICK HERE](#)

National Suicide Prevention Lifeline

24/7 free and confidential support - distress, prevention, and crisis.

Call 1-800-273-8255

[CLICK HERE](#)

Stress Management

View the Student Academic Success Center tips on stress management.

[CLICK HERE](#)

I'm Doing Fine Podcast

Check out the counseling center's podcast on mental health topics, tips and tricks.

[CLICK HERE](#)

GVSU CARE Team

Concerned about someone's well-being, but not sure how to help? Fill out a CARE report.

[CLICK HERE](#)

Alcohol & Other Drug Services

In the event of an alcohol or drug overdose, CALL 911. Medical amnesty act prevents disciplinary action.

[CLICK HERE](#)

*Mental health matters:
you are not alone!*