

KU MENTAL HEALTH RESOURCES



Eva Sidie

CRISIS

To reach a crisis counselor, call or text 988, the National Suicide & Crisis Lifeline, or call **(785) 841-2345** for local crisis counselors in Lawrence.

MY STUDENT SUPPORT PROGRAM

Call. Chat. Anytime. Anywhere. My SSP connects students with free, confidential mental health and well-being support conveniently available 24/7 via the My SSP app, telephone, and web.

Telephone support 24/7 –
1.866.408.2828



KU has Counseling and Psychological Services (CAPS)

A variety of services are available on the website, including booking appointments, accessing the caps portal, getting 24/7 support, watching presentations, and submitting outreach requests.

You can also contact CAPS at **(785)-864-2277** for assistance with this process.



ULIFELINE

Online resource for college mental health
<http://www.ulifeline.org/UKansas/>

OTHER RESOURCES

24/7 support for KU students –
My SSP 24/7 telephone and real-time chat
Lawrence Memorial Hospital –
(785)-505-6162
Bert Nash Community Mental Health Center –
(785)-843-9192 (24/7 line)



<https://caps.ku.edu>