

If you're having a mental health emergency

If you or someone you know needs immediate help, an NC State counselor is always available. For NC State students, emergency services can be accessed 24 hours per day, 365 days per year.

If you're experiencing a mental health crisis and need immediate help, you don't need an appointment to see us.

For emergencies that are within regular business hours (Monday through Friday from 8:00 am to 5:00 pm)

- Please call us at 919.515.2423. We will work you in during regular business hours.

For after regular business hours

- Please contact our on-call counselor by calling 919.515.2423 and select option 2.

The following crisis resources can be utilized by both NC State students and non-students:

- Emergency Medical Services – 911, or visit the nearest hospital emergency room
- [National Suicide Prevention Lifeline](#) (24/7) – 988 or 1-800-273-TALK (8255) or for online chat text 741741 or <https://suicidepreventionlifeline.org/chat/>
- National Sexual Assault Hotline (24/7) – 1-800-656-HOPE (4673)
- National Domestic Violence Hotline (24/7) – 1-800-799 SAFE (7233) or 1-800-787 3224 (TTY)
- [The Trevor Project](#) 1-866-488-7386 Text us 678678
- [Monarch Urgent Care](#) 1--866-272-7826

Additional local resources can be accessed through the following link:

- [Wake County Crisis & Assessment Local Resources](#)

The above resources are not affiliated with, nor endorsed by the NC State Counseling Center.