



Supporting the mental wellbeing of our online students

Click resource name to access the site.

National Resources

988 Suicide and Crisis Lifeline

24/7, free, confidential support
Call/Text 988 or [Click to chat.](#)

The Trevor Project

Support services and suicide prevention for LGBTQ+ youth
Call 1.866.488.7386 Text 678678 [Click to chat.](#)

National Alliance on Mental Health

Support, education, and advocacy for those managing mental illness
[Click to find your local NAMI.](#)

National Domestic Violence Hotline

Tools and support to help survivors of domestic violence
Call 1.800.799.7233 Text "Start" to 88788 [Click to chat.](#)

National Sexual Assault Hotline

Tools and support to help survivors of sexual violence
Call 1.800.656.4673 or [Click to chat.](#)

Maine-based Resources

988 Suicide and Crisis Lifeline

24/7, free, confidential support
Call/Text 988 or [Click to chat.](#)

Opportunity Alliance/2-1-1 Maine

Information and referral service supporting residents of Maine
Call/Text 1.888.568.1112 or [Click to chat.](#)

Saint Joseph's College's Counseling Center

Down-to-earth, confidential mental health services geared specifically to higher ed students.
Available to students residing in Maine.
[Click for email.](#) Call 207.893.6631 [Click to request an appointment.](#)

Through These Doors

Services for those experiencing domestic or intimate partner abuse
Free, private 24 hour helpline: 1-800-537-6066

SARSSM-Sexual Assault Services of Southern Maine

Free services for anyone affected by sexual violence
Free, private 24 hour helpline: 1-800-871-7741

**Counseling
Center**

Have questions? Contact SJC's Counseling Center via [email](#) or by calling 207.893.6631.