

# Suicide Prevention Resources



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## Suicide and Crisis Lifeline

Call or text 988 to connect. The 988 Lifeline provides 24/7, confidential support to people in suicidal crisis or mental health-related distress. By calling or texting 988, you'll connect to mental health professionals with the Lifeline network. Website: [988lifeline.org](https://988lifeline.org)

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## USF Counseling Center (located on Main Campus SVC 2124)

Provides free, confidential individual and group psychological services (in-person/telehealth). Walk-in urgent services are available M-F from 9am to 12pm and 1pm to 4pm. For after-hours crisis phone consultations, call (813) 974-2831 and select '3'. Website: [usf.edu/student-affairs/counseling-center/](https://usf.edu/student-affairs/counseling-center/)

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## My Student Support Program (My SSP)

A free and confidential mental health and wellbeing support service available to you 24/7. My SSP includes video counseling, 24/7 chat and phone support, and a variety of other great resources. Download the App or visit [myssp.app/us/home](https://myssp.app/us/home).

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## TimelyCare

A free and confidential mental health support service providing 24/7 on-demand emotional support, scheduled counseling, health and lifestyle coaching, and self-care content. Download the App or visit [app.timelycare.com/auth/login](https://app.timelycare.com/auth/login).

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## Physician Support Line

A national, free, and confidential support line made up of 600+ volunteer psychiatrists to provide peer support for physician colleagues and American medical students. Call 1-888-409-0141. It's open 8am to 1am every day, no appointment needed. Website: [physiciansupportline.com](https://physiciansupportline.com)

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*It's ok not to be ok. Help is here.*