What constitutes an emergency?

- A suicidal attempt, gesture, threat, or stated intention; behavior posing a threat to self
- A homicidal attempt, gesture, threat, or stated intention; behavior posing a threat to others
- Loss of contact with reality
- Inability to care for oneself
For severe or potentially life-threatening medical or mental health emergencies, call 911, go to a local hospital emergency room, or call campus police at 919-962-8100.

To talk with someone now about an urgent emotional or mental health concern:

- Walk into Counseling and Psychological Services during regular business hours 8:00 a.m. - 5:00 p.m. Monday through Friday. If you need a parking pass and would like to print one at home before you walk in, please call 919-966-3658. You can also obtain one at the 1st floor front desk prior to going to CAPS on the 3rd floor.
- After hours, call 919-966-3658 for counseling and support
- Other resources include:
  - Text Support Line - text STEVE to 741741 to connect with a trained crisis counselor

If you or someone you know has survived an incident of sexual assault:

Call 911 if you are in immediate danger. Find an environment where you feel safe. Get medical attention through Campus Health or the UNC Emergency Department. Report the assault and get the support you need. For more information, go to http://safe.unc.edu [3]

Source URL: https://caps.unc.edu/services/urgent-concerns

Links