Urgent Concerns

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
- After hours, call 919-966-2281 to access Health Link, a nurse advice system associated with UNC Health Care, who can reach a mental health provider on call
- 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]