**Mental Health and Suicide Prevention Resources**

All the resources listed below are available to the CI student body.

**Crisis Helplines:**

**Crisis Text Line**- free and confidential (AT&T, T-Mobile, Sprint, Verizon\*), available 24/7

Text HOME to 741741

\*If your plan is with another carrier, the code 741741 will appear on your billing statement

If your plan does not support short codes like 741741, you can reach the Crisis Text Line on Facebook Messenger at facebook.com/crisistextline

**National Suicide Prevention Lifeline-** free, confidential, available 24/7

Phone: 1-800-273-8255

**Ventura County Crisis Team-** Free, confidential, available 24/7

Phone: 1-866-998-2243

**Substance Abuse and Mental Health Services Administration (SAMHSA)-** free, confidential, 24/7. Available in English and Spanish.

Phone: 1-800-662-HELP (4357)

**Campus Resources**

**Basic Needs Program**

Program designed to provide support towards students in need for basic necessities. Program addresses financial security, food security, and housing assistance.

Location: Bell Tower 2565

Phone: 805-437-8512

Email: [basicneeds@csuci.edu](mailto:basicneeds@csuci.edu)

**Campus Access, Retention & Equity (CARE) Team**

Faculty, staff, and administrators at CSUCI provide assistance and intervention for students in distress and help evaluate and monitor ongoing related issues.

Location: Bell Tower 2565

Phone: 805-437-8512

Email: [care@csuci.edu](mailto:care@csuci.edu)

**Counseling and Psychological Services (CAPS)**

Trained clinicians provide psychological counseling, consultations, and prevention services for free for eligible enrolled students.

Location: Bell Tower East 1867

Phone: 805-437-2088 (select option 2 for 24/7 access to phone counseling)

Email: [caps@csuci.edu](mailto:caps@csuci.edu)

**Disability Accommodations and Support Services (DASS)**

Promotes academic excellence, success, personal development and self-advocacy skills for

students with physical, learning, or psychological disabilities.

Location: Arroyo Hall 210

Phone: 805-437-3331

Email: [accommodations@csuci.edu](mailto:accommodations@csuci.edu)

**Student Health Services**

Provides treatment for common injuries, illnesses, and other medical issues. SHS partners with other facilities throughout Ventura County that are free for CI students after hours. Contact for more information.

Location: Yuba Hall

Phone: 805-437-8828

E-Mail: [student.health@csuci.edu](mailto:student.health@csuci.edu)

**Wellness Promotion and Education**

Helps students improve their quality of life and build their personal well-being for academic success. Meet with a peer educator or professional health educator for individual consultations.

Location: Arroyo Hall 115

Phone: 805-437-3521

Email: [wpe@csuci.edu](mailto:wpe@csuci.edu)

**Community Resources**

**The Coalition for Family Harmony**

Non profit organization in Oxnard that provides services for victims of domestic violence and sexual assault

Phone: 805-983-6014

Email: [admin@thecoalition.org](mailto:admin@thecoalition.org)

Web: <https://thecoalition.org>

**Deep Life Solutions**

Nonprofit Organization within the Ventura County that offers affordable mental health services, counseling, and community outreach.

Phone: 805-738-3357

Email: [deeplifesolutions@gmail.com](mailto:deeplifesolutions@gmail.com)

Web: <https://www.deeplifesolutions.org>

**Mission Oaks Counseling & Wellness Center, INC.**

Provides unique resources and wellness techniques to guide a person’s personal growth experience.

Phone: 805-419-0449

Email: [contact@mocwc.com](mailto:contact@mocwc.com)

Web: [www.mocwc.com](http://www.mocwc.com)

**National Alliance on Mental Illness (NAMI) Ventura County**

Provides emotional support, resources, and educating towards families that have been affected by mental illness

Phone: 805-641-2426

Email: [info@namiventura.org](mailto:info@namiventura.org)

Web: <https://namiventura.org>

**Turning Point Foundation**

Non-profit organization located in the Ventura County that treats adults struggling with mental illness

Phone: 805-652-0000

Email: kmatisek@tpf-vc.org

Web: <https://turningpointfoundation.org>

**Ventura County Health Department**

The Ventura County Health Care Agency provides mental health resources through its Behavioral Health division.

Phone: 805-981-6830

Telephone: 805-677-5110

Web: [www.vchca.org](http://www.vchca.org)

**Online Resources**

[**American Association of Suicidology**](https://suicidology.org/)

Nonprofit organizations that provides accurate information and helps reduce the prevalence of suicide behavior.

[**AlcoholEdu**](https://www.csuci.edu/wpe/campus-community-resources.htm)

This online course empowers student to make well-informed decisions and provides simple strategies to help keep you and your friends safe.

[**Go Ask Alice**](https://goaskalice.columbia.edu/)!

This program is run by a Columbia University team of specialists who provide evidence-informed answers to anonymous questions.

[**JED Foundation**](https://www.jedfoundation.org/)

This nonprofit organization helps prevent suicide and promote the mental health of college students.

[**Kognito for College Students, Faculty & Staff**](https://www.csuci.edu/wpe/campus-community-resources.htm)

In this interactive online training, students learn, practice, and self-assess their ability to manage conversations with a friend in need. Learn how to identify signs of distress in your peers, navigate a conversation, and make an effective referral to on-campus resources.

Use **your school email** and enrollment key **csuci39** when prompted to begin the training.