STUDENT ATHLETE RESOURCES

ATHLETE RESOURCES

WEBSITES

- **UNIVERSITY OF MICHIGAN ATHLETES CONNECTED**
- **NCAA MENTAL HEALTH**
- **THE JED FOUNDATION**
- **ATHLETES FOR HOPE WELLBEING CENTER**
- **SPORTSPSYCHOLOGY.ORG**

INSTAGRAM

- **THE HIDDEN OPPONENT:** thehiddenopponent
- **ATHLETES FOR HOPE:** athletesforhope
- **MORGAN'S MESSAGE:** morgansmessage

MENTAL HEALTH RESOURCES

- **CAMPUS SAFETY: 704-233-8999**
- **RESIDENCE LIFE AFTER HOURS: 980-210-4950**
- 911 (IMMEDIATE DANGER)
- ATRIUM UNION ER: 600 HOSPITAL DRIVE, MONROE (IMMEDIATE DANGER)
- AREA MOBILE CRISIS: 866-275-9552 (24/7)
- ATRIUM BEHAVIORAL HEALTH CRISIS HOTLINE: 704-444-2400 (24/7)
- NATIONAL SUICIDE PREVENTION HOTLINE: 988 (24/7)
- CRISIS TEXT LINE: TEXT "HOME" TO 741741 (24/7)
- NATIONAL DOMESTIC VIOLENCE HOTLINE: 800-799-SAFE
- LGBTQ HOTLINE: 866-4-U-TREVOR
- NATIONAL SEXUAL ASSAULT HOTLINE: 800-656-HOPE
- UNION COUNTY RAPE CRISIS HOTLINE: 704-283-7770

WINGATE COUNSELING CENTER

- Email counseling@wingate.edu
- Snap the QR code to go to the website to schedule an appointment.