



MENTAL HEALTH RESOURCES FOR MVSU STUDENTS

Below are a list of services available to MVSU students who may be experiencing emotional distress during the COVID-19 pandemic:

Talkspace - Talkspace is a therapist-led private Facebook support group for managing Coronavirus Anxiety. The link to join is: <http://bit.ly/3aQp717>

The Disaster Distress Helpline – The helpline is staffed by trained counselors from a network of crisis call centers located across the United States. They provide crisis counseling over the phone, or via text messaging 24/7. You can call 1-800-985-5990 or text TalkWithUs to 66746.

For additional information about the Disaster Distress Helpline, please visit the Center for Disease Control (CDC) website at <https://emergency.cdc.gov/coping/selfcare.asp> or the Substance Abuse and Mental Health Services Administration (SAMHSA) website @ <https://findtreatment.samhsa.gov/>



MISSISSIPPI VALLEY STATE
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**For more information, contact counsel@mvsu.edu
or (601) 759-1549**

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