

The Crisis Text Line provides support to students, faculty, and staff who are dealing with emotional challenges. **Members of the SUNY community can access the confidential text line 24/7 by texting Got5U to 741-741 for help.** The text line can be used to help alleviate depression, anxiety, stress, and suicidal thoughts. It also provides a way for people to talk about substance use, relationship issues, domestic violence, and school stressors, as well stress and anxiety related to the COVID-19 pandemic.

Question, Persuade, Refer (QPR) training, is designed to teach participants how to recognize someone who may be in emotional distress or having suicidal thoughts, and how to appropriately engage and connect that person to resources that can help. Anyone can practice QPR in any setting, and it is appropriate in all relationships. QPR does not require clinical training, only a willingness to listen, care, and help. Members of the SUNY community may register by going to <http://www.qprtraining.com/setup.php> and entering “SUNY” as the organizational code.