



THE FLORIDA STATE UNIVERSITY
COLLEGE OF MEDICINE

Thank you for your participation! The researchers acknowledge that medical school can take a toll on a student's mental health and well-being. If you endorsed any items related to feelings of anxiety or depression in this survey, you are not alone, and there is help available. Please know that you have the following services and resources available to you.

If you ever experience any feelings of wanting to hurt yourself or someone else, please seek out one of the following providers immediately. The Crisis and Emergency Resources below can be utilized 24 hours a day. If you are worried about a friend, please contact one of the Crisis Resources, or discuss with a member of FSU CoM Office of Student Counseling Services or FSU CoM Student Affairs.

You are encouraged to print or save this information. If you have additional questions about mental health services available to you, please contact the FSU CoM Office of Student Counseling Services. You can find this information on the Office of Student Counseling Service's website.

Crisis and Emergency Resources:

- **FSU University Counseling Center** – available during business hours and after hours. 850-644-TALK (8255) <https://counseling.fsu.edu/>
- **211 Big Bend** – 24 hour support hotline. Call 2-1-1 or 850-617-6333. <https://www.211bigbend.org/>
- **National Suicide Prevention Lifeline** – 24 hour help and support, whether you are worried about you or a friend. Live Chat option also available on the website. <https://suicidepreventionlifeline.org/> or call 1-800-273-8255.
- **Call 911** or go to your nearest **Emergency Room**

General Resources:

FSU CoM Office of Student Counseling Services

Located in the CoM Research Building, Suite 2301

Appointments: Email psychappt@med.fsu.edu or Call 850-645-6475

<https://med.fsu.edu/studentcounseling/home>

- Free on-site psychological services for CoM students
- Academic Assistance and Mental Health Therapy by licensed psychologists
- Referrals for psychiatry services available
- In-person services for students on main campus
- Telepsychology services for students at regional campus

FSU University Counseling Center

250 Askew Student Life Building (942 Learning Way, Tallahassee)

850-644-TALK (8255)

<https://counseling.fsu.edu/>

- Free counseling services, group therapy, psychoeducation workshops, and other mental health resources for all FSU students
- Walk-in and Crisis appointments available

Community Mental Health Providers

- List of community mental health services and resources in Leon County and surrounding areas: <https://med.fsu.edu/bssm/mental-health-services-resources>
- List of local therapy providers at each regional campus: <https://med.fsu.edu/studentcounseling/resources> - scroll to “Regional Campus Resources – List of local therapy providers at each regional campus”

Coping Skills and Other Resources found through the FSU CoM Office of Student Counseling Services: <https://med.fsu.edu/studentcounseling/resources>

- Relaxation, Mindfulness, Well-Being, and more
- Local list of recreation on FSU and in Tallahassee

FSU CoM Wellness Committee: <https://med.fsu.edu/wellnessCommittee/home>

FSU CoM Medical Library Resources on Mental Health and Wellness: <https://med-fsu.libguides.com/mentalhealthforproviders>

- Or search the FSU Medical Library Subject Guide for “Mental Health and Wellness”