



**YOU ARE**



**NOT ALONE**

If you're feeling depressed, angry, stressed, fearful, anxious or alone call the Counseling Center for professional support.

**HERE ARE SOME WAYS TO CONNECT WITH SUPPORT**



**COUNSELING CENTER  
MON-FRI 9AM-4:30PM**

During our business hours, if you or a Spelman student you know is experiencing a mental health crisis that is not immediately life threatening, please call us at 404-270-5293, and identify the situation as an emergency.



**AFTER HOURS**

To be connected to an on-call counselor after hours, call us at 404-270-5293 and follow the voice prompts.



**LIFE THREATENING**

For a life threatening emergency when the Counseling Center is closed and you are on campus, call Public Safety at 404-525-6401. If you are off campus, call 911 or go to the nearest emergency room.



**YOUR MENTAL HEALTH IS A PRIORITY.**

Spelman



College

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