

CRISIS HOTLINES

Counseling/Mental Health Crisis/Suicidal Thoughts:

Name	Number	Available Times
Suicide Crisis Line	877-727-4747	24 HRS
Suicide Prevention Lifeline	800-273-8255	24 HRS
Veterans Crises Line	800-273-8255 *press 1	24 HRS
LA Warmline	855-952-9276	Sun to Sat, 10PM to 6AM
Self-Harm Hotline	800-DONT-CUT	

LGBTQIA+:

Name	Number	Available Times
The Trevor Project	866-4-U-TREVOR	24 HRS
Trans Lifeline	877-565-8860	
LGBT National Hotline	888-843-4564	M-F 1-9PM, Saturday 9am-2pm
LGBT Youth National Hotline	800-246-7743	M-F 1-9PM, Saturday 9am-2pm

Domestic Violence/Sexual Assault:

Name	Number	Available Times
Rape, Abuse, Incest National Network (RAINN)	800-656-4673	24 HRS
National Domestic Violence Hotline	800-799-7233 800-787-3224 TDD	24 HRS
House of Ruth	1-877-988-5559	24 HRS
Family Violence Helpline	800-996-6228	
Project Sister	909-626-4357	24 HRS

On Campus Resources:

- Campus Safety – emergency 909-607-2000, non-emergency 909-621-8170
- Monsour Counseling Center - 909-621-8202 (on call therapists, Protocol)
- Office of Student Affairs - 909-621-8241
- Student Health Services -909-621-8222
- Student Disability Resource Center (SDRC) – 909-621-8000
- Queer Resource Center (QRC) – 909-607-1817
- EmPOWER - (909) 607-0690
- LiveSafe – Phone app that connects students and faculty to campus safety/911
- Pitzer Advocates – Sunday-Thursday 4-6pm, Grove House

