



FMU

UNIVERSITY COUNSELING SERVICES

SAFETY & RESOURCE NUMBERS

1. Campus Safety (24/7)

- 305-626-3771 & 305-626-3772
- Student Services Building, Suite 100
- fmucampussafety@fmu.edu
- Website [Campus Safety – Florida Memorial University](#)

2. FMU Title IX Office

- 305-626-3720
- Open Mondays-Fridays 8AM-5PM
- Student Services Building, Suite 110
- titleix@fmu.edu
- Website [Title IX Compliance – Florida Memorial University](#)

3. Suicide & Crisis Lifeline (24/7)

- 9-8-8 (Call & Text)
- TTY: 711 (For individuals who are deaf, hard of hearing, or speech impaired)
- Follow the prompts to be connected to a trained person who can provide help
- Website: <https://988lifeline.org/>
- IMPORTANT: useful for crisis moments that involve thoughts of suicide

4. Veterans Crisis Lifeline (24/7)

- Dial 9-8-8 then press 1 (Call)
- Text 838255 (Text Message)
- Follow the prompts to be connected to a trained person who can help
- Website: <https://www.veteranscrisisline.net>
- IMPORTANT: you don't have to be enrolled in VA benefits or health care to connect. The Veterans Crisis Line serves Veterans, service members, National Guard and Reserve members, and those who support them.

5. Crisis Text Hotline (24/7)

- Text only
- Text "LEV" to 741741
- Follow the prompts to be connected to a trained person who can provide help via text
- Website: <https://projectextreme.org/crisis-intervention/>

- **IMPORTANT:** in addition to thoughts of suicide, this resource is useful for many other moments of crisis (e.g., high stress, overwhelm, anxiety, deep sadness, etc.)

6. TrevorLifeline (24/7)

- 1-866-488-7386 (Call)
- Text START to 678678 (Text Message)
- Support for LGBTQ youth ages 13-24 who are experiencing distress, suicidal ideation, any form of emotional/mental crisis, and mental health challenges
- Follow the prompts to be connected to a trained person who can provide help via telephone call or text
- Website: <https://www.thetrevorproject.org>

7. National Sexual Assault Hotline (24/7)

- 1-800-656-4673 (Call)
- Text HOPE to 64673 (Text Message)
- TTY: 711 (For individuals who are deaf, hard of hearing, or speech impaired)
- Follow the prompts to be connected to a trained person who can provide help
- Website [RAINN | The nation's largest anti-sexual violence organization](#)

8. National Domestic Violence Hotline (24/7)

- 1-800-799-7233 (Call)
- Text START to 88788 (Text Message)
- 855-812-1001 (Video call for individuals who are deaf or hard of hearing)
- Follow the prompts to be connected to a trained person who can provide help
- Website [Domestic Violence Support | National Domestic Violence Hotline](#)

9. Florida Domestic Violence Hotline (24/7)

- 1-800-500-1119 (Call)
- TTY: 711 (For individuals who are deaf, hard of hearing, or speech impaired)
- Follow the prompts to be connected to a trained person who can provide help
- Website [FPEDV - Florida Free From DV](#)

10. National Human Trafficking Hotline (24/7)

- 1-888-373-7888 (Call)
- TTY: 711 (For individuals who are deaf, hard of hearing, or speech impaired)
- Text HELP, BEFREE, or INFO to 233733/BEFREE (Text Message)
- Follow the prompts to be connected to a trained person who can provide help
- Website [Home | National Human Trafficking Hotline](#)

11. Roxcy Bolton Rape Treatment Center (24/7)

- 305-585-7273 (Call)
- Address 1611 N.W. 12th Avenue Miami, FL 33136 (First floor, room 116A)
- Services include rape kit, medical treatment, and short-term counseling

- Website [Roxcy Bolton Rape Treatment Center | Jackson Health System](#)

Rape, Abuse, & Incest National Network (RAINN) RAINN app gives survivors of sexual violence access to support, self-care tools, and information to help manage the short-and-long-term effects of sexual violence.



The RAINN app is free & available in the App Store and on Google Play. Download it today.

Find Support

The app's "Hotline" feature can connect you directly with one-on-one support from a trained support specialist on RAINN's National Sexual Assault Hotline via phone or online chat. It's free, confidential and available 24/7. You can also chat with other survivors in our peer-to-peer HelpRoom

Practice Self-Care

The app's "Self-Care" section contains exercises to help you take a moment for yourself as you heal. They include a Mood Tracker to help you reflect on how you're feeling and figure out the best ways to care for yourself; relaxing visuals from The Monday Campaign to help you distress; and audio exercises from Headspace for calming meditation.

Learn More

The app's "Learn" section includes helpful information on sexual violence topics, finding and giving support, and healing. You can also hear from survivors offering their own real-life stories of hope and healing.

SUPPORT & COUNSELING RESOURCES IN THE COMMUNITY

1. GriefShare

Find in-person or online grief support groups near you.

www.griefshare.org

2. Divorce Care

Find in-person or online divorce support groups near you

<https://www.divorcecare.org>

3. Alcohol Anonymous (AA)

Miami Dade County

<https://aamiamidade.org>

24-Hour Helpline 305-461-2425

4. Alcohol Anonymous (AA)-Broward County

<http://.aabroward.org>

24-Hour Helpline 954-462-0265 OR 954-462-7202

5. Narcotic Anonymous (NA)

Find a NA meeting near you

<https://www.na.org/meetingsearch/>

6. Narcotic Anonymous (NA)-South Miami Dade County

<https://namiami.org/meetings/>

24-Hour Helpline 305-265-9555

7. Jessie Trice Community Health Systems

A community mental health center that offers mental health counseling services via insurance and self-pay (based on income). Those who are unemployed can still receive services. Locations in Miami Gardens, FL. In-person and virtual services.

<https://www.jtchs.org>

8. New Horizons Community Mental Health Center

A community mental health center that offers mental health counseling services via insurance and self-pay (based on income). Those who are unemployed can still receive services. Located in Miami, FL (Allapattah). In-person and virtual services

<https://www.newhorizonscmhc.org>

9. Open Path Collective

A non-profit organization that assists in locating mental health professionals who provide services at a lower cost

<https://openpathcollective.org>

10. Latinx Therapy

A safe space for Spanish-speaking and/or Spanish-heritage individuals, couples, and families seeking mental health counselors who identify as Latinx, Hispanic, Latino/a, and Afro-Latino/a.

<https://latinxtherapy.com/>

11. Therapy for Black Girls

A safe space for Black girls and women to locate mental health counselors also of African descent

<https://providers.therapyforblackgirls.com>

12. Resilience Therapy LLC

A safe space for Black men to receive counseling from men also of African descent

<https://resiliencetherapyllc.org>

13. Psychology Today

Find a licensed counselor near you!

<https://www.psychologytoday.com/us>

14. Christian Counselor Directory

Locate professional Christian counseling near you!

<https://www.christiancounselordirectory.com/>