**Support Resources for College Panhellenics**

Designed as a template, this resource exists to connect College Panhellenic women with campus and community resources. Below, in italics, are suggested resources that may exist in your campus/local community. This is not an all-inclusive list. We encourage you adapt this to your campuses’ specific needs and offerings and include not just the name of the resource, but basic information about what type of support the resource provides and contact information for the resource.

If I need help with alcohol or drugs …

* *Wellness office*
* *Alcohol/drug prevention/support center on campus*
* *Alcohol/drug rehabilitation center in community*

If I need help because I (or a sister) am (is) looking for support after a sexual assault …

* *Women’s center*
* *Title IX office*
* *Anonymous reporting opportunity*
* *Equal Opportunity Services*
* *Counseling center (not required to report)*
* RAINN Hotline 800-656-HOPE (4673)
  + Calling the [National Sexual Assault Hotline](https://www.rainn.org/about-national-sexual-assault-telephone-hotline) gives you access to a range of free services including:
    - Confidential support from a trained staff member
    - Support finding a local health facility that is trained to care for survivors of sexual assault and offers services like sexual assault forensic exams
    - Someone to help you talk through what happened
    - Local resources that can assist with your next steps toward healing and recovery
    - Referrals for long term support in your area
    - Information about the laws in your community
    - Basic information about medical concerns

If I or someone I care about is feeling depressed or anxious …

* *Counseling center*
* *[Talkspace](https://www.talkspace.com/)*
  + Online Counseling Via Text, Audio, Or Video Messaging. At Any Time, From Anywhere.

If I am looking to report a crime on campus …

* *Dean of students office*
* *Campus police department or campus safety*

If I want to learn more about and get connected to those around me …

* *Center for diversity & inclusion*
* *Multicultural affairs office*
* *LGBTQ+ resource center*