

SRNA Mental Health Resources

This list contains mental health & support resources that can be obtained through Rhode Island College, the State of Rhode Island, or national organizations. *** For a crisis with immediate potential for harm to yourself or others, dial 911 or 988 for the National Suicide & Crisis Lifeline. ***

Rhode Island College Resources

Counseling Center Information: Counseling & Therapy Services

- <https://www.ric.edu/department-directory/division-student-success/dean-students-office/center-health-and-wellness/counseling-center>
- counselingcenter@ric.edu
- 401-456-8094
- Office Hours
- In-session hours: Monday - Friday: 8:30 a.m. - 5:00 p.m.
- Summer Hours: Monday - Friday: 7:30 a.m. - 4:00 p.m.

HOPE Line

- [401-456-4673](tel:401-456-4673)
- 24 hours a day, 7 days a week - speak with a licensed clinician for mental health support, including a healthy lifestyle and portals in your local area for ongoing treatment, and health assessments.

TELUS APP for iPhone:

<https://apps.apple.com/us/app/telus-health-student-support/id1112006222>

TELUS APP for Google:

<https://play.google.com/store/apps/details?id=com.onetapsolutions.morneau.myissp&hl=en>

LIFT session: Available through TELUS. LIFT provides a full range of online fitness offerings including classes, custom programs created by certified

Learning 4 Life: Help with life stressors impacting schooling & mental health.

- Rhode Island College Learning 4 Life has a team of trained peer mentor navigators who link students to a network of services, support, and opportunities to assist students experiencing challenges in keeping college a central priority in their lives. Learning 4 Life also manages the Food 4 Thought pantry & lounge with direct nutritional support for students in need.
- <https://www.ric.edu/departments-directory/division-student-success/dean-students-office/center-health-and-wellness/learning-4-life>
- l4lifeinfo@ric.edu

Campus Police:

- 401-456-8888
- 600 Mt Pleasant Ave, Providence, RI 02911 located in the Alumni & Visitor Center: East Entrance

American Association of Nurse Anesthesiology (AANA) Resources

“The AANA offers a wealth of wellness resources—including the [AANA Helpline](#) available 24/7—to help CRNAs/nurse anesthesiologists and RRNAs achieve holistic wellness to achieve a balanced and fulfilling personal and professional life. This section offers education and resources intended to reduce risk factors—including the occupational risk for substance use disorder (SUD), workplace and personal stress, and other physical and mental disorders—and improve health and fitness.”

AANA Website:

<https://www.aana.com/membership/wellness-and-peer-assistance/health-and-wellness/>

AANA Helpline:

- 800-654-5167
- Crisis Text Hotline: **Text TALK** to 741741

Resident Roundtable:

- The Resident Roundtable is a *by RRNAs, for RRNAs* online peer-to-peer support session focused on the RRNA experience. Sessions are held throughout the year. Contact wellness@aana.com for more information

Topics Addressing:

- Adverse Medical Events/Critical Incidents
- Burnout and Compassion Fatigue
- Depression and Suicide
- Managing Stress
 - Additional Wellness Services and Apps (seen in the image on right)
- PTSD
- Sleep and Fatigue
- Substance Use Disorder
- Resident Wellness
- Wellness in the Workplace
- Where to Get Help
- Wellness Educational Resources

Wellness Services and Apps

- [10 Percent Happier](#) 
- [American Nurses Association: Combating Stress](#) 
- [Calm](#) 
- [Fitbit](#) 
- [Happy the Movement](#) 
- [Headspace](#) 
- [Heroes Health Initiative](#) 
- [Insight Timer: Free Meditation App](#) 

State & National Resources

National Alliance on Mental Illness - Includes a comprehensive list containing: talk and text lines, local resources, alcohol and substance abuse assistance, domestic violence, and eating disorder resources available in Rhode Island.

- <https://namirhodeisland.org/resources/national-and-state/>

Warmline – free and confidential phone number to have a conversation with a trained peer

- <https://www.warmline.org/#directory>

Domestic Violence and Sexual Assault Resources

- RAINN National Sexual Assault and Sexual Harassment Hotline:
 - <https://rainn.org/about-national-sexual-assault-telephone-hotline>
 - 800-656-4673
- National Domestic Violence Hotline
 - 800-799-7233
 - Teletypewriter: 800-787-3224

If you are in imminent danger, call 911.