

## GET HELP

### Quick Consult Guide

#### National Resources

- [National Suicide Prevention Hotline](#)  
Dial 988 or 1-(800) 273-8255 or [Chat Now](#)
- [National Sexual Assault Hotline](#)  
1-(800) 656-4673 or [Chat Now](#)
- [Crisis Text Line](#)  
Text HOME to 741-741
- [Crisis Text Line for Students of Color](#)  
Text STEVE to 741741 (24 hrs/day)

#### University/School of Medicine Resources

- [Student Health Center](#)  
702-895-3370
- [Counseling and Psychological Services](#)  
702-895-3627
- [BetterMynd: Online Therapy](#)  
(For Students)
- [Nevada Physician Wellness Coalition](#)  
775-404-3307
- [Student Support Resources Form](#)
- [UNLV Employee Assistance Program](#)  
Call: 833-475-1995 | TTY: 800-697-0353  
Online: [ComPsych Website](#)
- [UNLV Student Support Spot](#)
- Tanya Crabb, PsyD, Senior Psychologist  
702-806-1570, [tanya.crabb@unlv.edu](mailto:tanya.crabb@unlv.edu)
- [UNLV Food Pantry](#)

#### I Need Help With...

- **Academics and Study Skills**  
Adeste Sipin, MA  
[adeste.sipin@unlv.edu](mailto:adeste.sipin@unlv.edu)  
Jamila Scott  
[jamila.scott@unlv.edu](mailto:jamila.scott@unlv.edu)
- **Concerns for Abuse or Sexual Assault | Concerns About A Classmate**  
[Office of Compliance](#)  
702-823-3703, [compliance.som@medicine.unlv.edu](mailto:compliance.som@medicine.unlv.edu)
- **Well-Being**  
Kathi Pauli, MA, MEd  
[kathryn.pauli@unlv.edu](mailto:kathryn.pauli@unlv.edu)  
Anne Weisman, PhD  
[anne.weisman@unlv.edu](mailto:anne.weisman@unlv.edu)

#### I'm Not Sure...

- [Office of Student Affairs](#)  
702-545-2017, [studentaffairs@medicine.unlv.edu](mailto:studentaffairs@medicine.unlv.edu)