



UNIVERSITY OF
CHARLESTON

COUNSELING AND OUTREACH SERVICES
INFORMATION AND COMMUNITY RESOURCE GUIDE

304-357-4862 • counselor@ucwv.edu
<http://www.ucwv.edu/UC-Life/Student-Services/Wellness-Services/>



Making the Adjustment to College

College life offers unique and rewarding opportunities, as well as new life experiences.

Although college is a very positive experience, it can at times be challenging, overwhelming or difficult to manage. You are not alone. The Counseling Center is here to help. The University of Charleston offers an on-site counseling center for students to assist with finding strategies to cope that may be of concern, a listening ear, and a safe haven of support. Together, we can work to find ways to improve your life, your experience on campus, and maximize your success at UC and beyond.

The University of Charleston Counseling and Outreach Services provides on-site individual and group counseling to assist students with finding strategies to cope with concerns such as abuse, substance use/dependence, sleep problems, anxiety, loneliness, depression, relationship/family issues, stress, grief, eating disorders, among others. College life offers unique and rewarding opportunities, as well as new life experiences. Although college is a very positive experience, it can at times be challenging, overwhelming or difficult to manage. You are not alone. The Counseling Center is here to help. The University of Charleston Counseling Center is a safe-haven of support. Together, we can work to find ways to improve your life, your experience on campus, and maximize your success at UC and beyond.

What services does Counseling and Outreach Services provide?

- Individual Counseling
- Group Counseling
- Psychological Assessments
- On-site Food Pantry- Students are permitted to utilize the school food pantry two times per month. Food distributions are based upon family size. Contact the counseling center at 304-357-4862 for more information.
- Condom distribution
- Community Resource Assistance
- Workshops and trainings
- Team-based/wraparound approach to assist and advocate for students along with other faculty and staff and campus

If you are struggling and need someone to talk to our team is here to help!

Director of Counseling and Outreach Services

Rance Berry, LPC

To make an appointment please call 304-357-4862, e-mail uc-counselor@ucwv.edu, or visit the following link for a referral form: <http://www.ucwv.edu/UC-Life/Student-Services/Wellness-Services/> Please bring the form to the Counseling Center on the Third Floor of Geary Student Union (GSU). Referral forms are also in the Schoenbaum Library, School of Pharmacy, Academic Success Center, and residence halls.

Sexual Harassment and Sexual Assault / Violence Policy (TITLE IX)

Introduction and Non- Discrimination Notice

Title IX of the Education Amendments of 1972 prohibits discrimination based on sex in educational programs and activities that receive federal financial assistance. To ensure compliance with Title IX and other federal and state laws, the University of Charleston has developed policies that prohibit discrimination and misconduct on the basis of gender, such as sexual misconduct, sexual assault, sexual harassment, intimate partner violence, stalking and any other gender-based harassment or misconduct.

The University of Charleston does not discriminate against any person because of race, color, religion, sex, sexual identity, sexual orientation, national origin, age, disability, or veteran status in administration of its educational policies, scholarship and loan programs, admissions, employment, athletics, and other school-administered programs in accordance with the laws of the United States and the state of West Virginia.

Purpose

The University of Charleston is committed to providing an environment free from gender-based or sexual discrimination and misconduct. Members of the University community, guests and visitors have a right to be free from sexual harassment, sexual assault/violence and gender-based discrimination and harassment. When an allegation of misconduct is investigated, and a responding community member is found to have violated this policy, serious sanctions may be used in an effort to ensure that such actions are not repeated. This policy is intended to define community standards and to outline the investigation and grievance process when those standards are violated.

Any attempts to violate this policy are considered sufficient for having committed the violation itself. The use of alcohol or other drugs will not be accepted as a defense or mitigating factor to a violation of this policy. These policies apply regardless of the complainant's or respondent's sexual orientation, sex, gender identity, age, race, nationality, religion, or ability. Harassment or discrimination based upon an individual's sexual orientation may be considered gender-based and be subject to this policy. Prohibitions against discrimination and harassment do not extend to statements or written materials that are germane to the classroom or academic course of study.

Scope of the Policy

This policy applies to all University of Charleston community members, including students, faculty, staff, volunteers, vendors, contractors, visitors, and individuals regularly or temporarily employed, conducting business, studying, living, visiting, or having any official capacity with the University or on its property.

The University strongly encourages reports of Title IX misconduct regardless of who engaged in the conduct. Even if the University does not have authority over the alleged respondent, the University will take prompt action to provide for the safety and wellbeing of the complainant and the broader campus community.

This policy applies to conduct that occurs on any part of the Universities campus or property. It also applies when students, faculty, or staff travel off campus as part of a University activity, team, organization, event, or University sponsored study aboard program.

Definitions

Sexual Harassment

Sexual harassment is defined as unwelcome gender-based verbal or physical conduct that is sufficiently severe, persistent, or pervasive that it has the effect of unreasonably interfering with, limiting, or depriving someone of the ability to participate in or benefit from the University's educational program, activities and/or employment;

it and is based on power (quid pro quo), the creation of a hostile environment, or retaliation. Examples of sexual harassment include, but are not limited to:

- Subtle or persistent pressure for sexual activity;
- Unnecessary touching, pinching or brushing against a person;
- Requesting or demanding sexual favors concerning employment, academic activities or other University activities;
- Unwelcome communications (verbal, written, electronic, etc.) of a sexual nature;
- Failure to accept the termination of a consensual relationship with repeated and persistent requests and behavior.

Non-consensual sexual contact

Non-consensual sexual contact, including any intentional touching, however slight, whether clothed or unclothed, with any object or body part by a person against another person that is without consent and/or by force. Examples of non-consensual sexual contact include, but are not limited to:

- Intentional contact with the breasts, buttocks, groin, or genitals;
- Intentional touching of another with breasts, buttocks, groin, or genitals;
- Making another person touch someone or themselves in a sexual manner;

Any intentional bodily contact in a sexual manner. Non-consensual sexual intercourse includes any sexual intercourse, however slight, with any object or body part by a person against other person that is without consent and/or by force.

Non-consensual sexual intercourse

Non-consensual sexual intercourse, including but not limited to:

- Vaginal penetration by a penis, object, tongue or finger;
- Anal penetration by a penis, object, tongue or finger;
- Oral copulation (mouth to genital contact or genital to mouth contact).
- Sexual exploitation includes but is not limited to:
- Invasion of sexual privacy and voyeurism (in-person or through audio or video recording);
- Knowingly transmitting a sexually transmitted infection;
- Exposing of a person's body or genitals;
- Prostituting or soliciting another community member.

Intimate Partner Violence

Relationship violence is a pattern of behavior in an intimate relationship that is used to establish power and control over another person through fear and intimidation. A pattern of behavior is typically determined based on the repeated use of words and/or actions and inactions in order to demean, intimidate, and/or control another person. This behavior can be verbal, emotional, and/or physical. Examples include but are not limited to: striking another person (slapping, punching, etc.), property damage, reckless behavior, name calling and insults, public humiliation, harassment directed toward friends and acquaintances, and verbal and/or physical threats.

Stalking

Stalking involves any behaviors or activities occurring on more than one occasion that collectively instill fear and/or threaten a person's safety, mental health, and/or physical health. Such behaviors or activities may include, but are not limited to non-consensual communications (i.e., face to-face, telephone, email, and social media), threatening or obscene gestures, surveillance, or showing up outside the targeted individual's classroom, residence or workplace.

Other Forms of Misconduct

Other forms of misconduct, when gender-based, will fall under this harassment policy. These include, but are not limited to:

- Conduct that interferes with the rights of others and/or demonstrates disregard for the University community;
- Assisting another person in committing a violation of this policy;
- Personal harassment and/or verbal abuse;
- The threat of physical harm, physical abuse, mental distress, or injury;
- Inflicting physical harm, physical abuse, mental distress, or injury;
- Slanderous, false, or malicious statement(s) about a person or defamation of character;
- Endangerment of the health and safety of others;
- Hazing;
- Damage and/or vandalism to another's property.

Consent

Consent is an active, knowing, and voluntary exchange of affirmative words and/or actions, which indicate a willingness to participate in a particular sexual activity. Consent must be freely and actively given. It is the responsibility of the initiator to obtain clear and affirmative responses at each stage of sexual involvement. The lack of a negative response is not consent. A person, who is incapacitated by alcohol and/or drugs, whether voluntarily or involuntarily consumed, may not give consent. Neither consent to one form of sexual activity nor past relationships imply consent to future sexual activity. Incapacitation is a state where someone cannot make rational, reasonable decisions due to a lack of capacity to give knowing consent (e.g., to understand the “who, what, when, where, why, and how” of the sexual interaction).

Sexual activity with someone who is or based on circumstances should reasonably have known to be, mentally or physically incapacitated (i.e., by alcohol or other drug use, unconsciousness, or blackout) constitutes a violation of this policy.

A person who is incapacitated due to mental disability, sleep, involuntary physical restraint, or from the consumption (voluntary or otherwise) of incapacitating drugs or alcohol cannot give consent.

In order to give consent, a person must be of the legal age of consent.

Alcohol-related incapacity results from a level of alcohol ingestion that is more severe than impairment, being under the influence, drunkenness, or intoxication.

Evidence of incapacity may be detected by physical cues, such as slurred speech, bloodshot eyes, and odor of alcohol on a person's breath or clothing, inability to maintain balance, vomiting, unusual or irrational behavior, and unconsciousness. Context is important in helping to determine incapacitation. Any of these particular cues alone do not necessarily indicate incapacity.

Force is the use of physical violence and/or imposing on someone physically to gain sexual access. Force also includes threats, intimidation and coercion that overcomes resistance or produces consent. Coercion is unreasonable pressure for sexual activity. Coercion is the use of emotional manipulation to persuade someone to do something they may not want to do, such as being sexual or performing certain sexual acts. Being coerced into having sex or performing sexual acts is not consenting sex and is considered sexual misconduct.

Procedures for Reporting

ALL reports of sexual harassment, sexual discrimination and sexual assault/violence made to any University employee or mandated reporter must be reported to the University's Title IX Coordinator.

The University Title IX Coordinator

Name: Virginia Moore
Position: Dean of Students

On Campus Address: Geary Student Union 309
2300 MacCorkle Ave. SE Charleston, WV 25304
Email: virginiamoore@ucwv.edu
Phone Number: 304-357-4987

Deputy Title IX Coordinators

Name: Dr. Kim Spiezio
Position: Provost

On Campus Address: 201 Riggleman Hall
2300 MacCorkle Ave. SE, Charleston, WV 25304
Email: kimspezio@ucwv.edu
Phone Number: 304 357-4711

Name: Janice Gwinn
Position: Director of Human Resources

On Campus Address: 202 Riggleman Hall
2300 MacCorkle Ave. SE, Charleston, WV 25304
Email: janicegwinn@ucwv.edu
Phone Number: 304 357-4383

Name: Todd Diuguid
Position: Associate Director of Athletics

On Campus Address: 115 Cox Hall
2300 MacCorkle Ave. SE, Charleston, WV 25304
Email: todddiuguid@ucwv.edu
Phone Number: 304 357-4827

Name: Nicole Rupe-Harold
Position: Regional Records Manager

On Campus Address: Student Solutions Center Worley Building
167 Dye Drive, Beckley, WV 25801

Email: nicolerupe@ucwv.edu
Phone Number: 304 352-0047

Also, any person who believes he or she has been subject to sexual harassment, sexual discrimination or sexual assault/violence may contact the University Title IX Coordinator or a deputy Title IX Coordinator directly. The Title IX Coordinator will conduct an investigation, determine possible interim measures, find a resolution, and ensure complainants have access to medical, mental health, law enforcement, and other resources that may be required.

Handling of Complaints

Complaints between students will be handled in accordance with the University judicial processes as outlined in Student Expectations & Accountability.

Complaints between a student and a faculty/staff person will be handled in accordance with Title IX policy, Student Expectations & Accountability Standards, and Employee Handbook.

Complaints between faculty and/or staff will be handled in accordance with the Title IX policy and the Employee Handbook.

In situations where a complaint is filed against a community member who embodies more than one status at the University (i.e. community member is a student and an employee), the University Title IX Coordinator has the authority to appoint investigators (possibly from different areas of the institution) and determine the grievance process for the reported incident (student, faculty, or non- faculty employee). The selected grievance process shall have the authority to make final determinations affecting all individual statuses at the University.

Confidentiality and Privacy in Reporting

When reporting a violation of this policy there are resources that can provide confidentiality, sharing options and advice without any obligation to inform other University staff members unless requested. Such on-campus confidential resources include Counseling Services, Health Services, and/or Campus Ministry staff.

Additionally, community members can seek out assistance from an off-campus crisis center, which can maintain confidentiality. Faculty members are not confidential resources and must contact the University Title IX Coordinator.

Confidential Reports

Position: Campus Pastor
On Campus Address: Geary Student Union 309
2300 MacCorkle Ave. SE, Charleston, WV 25304
Phone Number: 304 357-4873

Position: Campus Counselor
On Campus Address: Geary Student Union 301
2300 MacCorkle Ave. SE, Charleston, WV 25304
Email: uc-counselor@ucwv.edu
Phone Number: 304-357-4862

University of Charleston Resources

Counseling and Outreach Services located in Geary Student Union, Charleston

304-357-4862

Campus Pastor located in Geary Student Union Office 309, Charleston

304-357-4873

Security located in Geary Student Union 1st Floor, Charleston

Office of Safety and Security

304-357-4857 or 304-859-2755

Security located at 158 Dye Drive, Beckley

UC – Beckley Office of Safety and Security

304-929-1653 or 304-890-2722

Off-Campus Resources

REACH- Rape Education, Advocacy, Counseling, and Healing

1021 Quarrier Street, Suite 414

Charleston, WV 25301

304-340-3676

Confidential Toll Free 24-Hour Hotline 1-800-656-HOPE

Shenandoah Women's Center- Martinsburg

304-263-8292

Women's Resource Center- Beckley

1-888-825-7836

Rape, Abuse, and Incest National Network (RAINN)

Crisis hotline – 1-800-656-HOPE

Rape, Abuse, and Incest National Network (RAINN) online hotline – <https://ohl.rainn.org/online/>

Retaliation Clause

It is a violation of this policy to retaliate against any person making a complaint or report of any alleged violations, against any person participating in the investigation of (including testifying as a witness to) any such allegation. Individuals engaging in retaliation are subject to discipline in accordance of the policy in the Student

Code of Conduct or the Employee Handbook. Retaliation includes direct or indirect intimidation, threats, coercion, harassment, or other forms of discrimination against any individual who has brought forward a concern or participated in the University's conduct process.

False Reporting

It is a violation of these procedures to knowingly provide false information to a University Official resulting in an investigation, conduct proceeding, or interim actions are against University Policy. Without minimizing the injury that can be suffered by the complainant, the University also recognizes that the filing of a complaint can have serious consequences for the person accused. That person, too, has rights that must be preserved and protected. Therefore, any person who abuses these procedures by knowingly filing a false complaint will be subject to the Student Code of Conduct or Human Resources if the complaint was filed in bad faith. This provision is not meant in any way to discourage legitimate complaints.

Timely Warning Disclosure

If a report of misconduct discloses a serious or continuing threat to the University of Charleston, the University may issue a campus wide timely warning (which can take the form of an email to campus) to protect the health or safety of the campus community. The timely warning will not include identifying information about the victim.

At no time will the University release the name of the victim to the general public without the express written consent of the victim. The release of the respondent's name, if a student, to the general public is guided by the Family Educational Rights and Privacy Act (FERPA) and Clery Act.

All University proceedings are conducted in good faith compliance with the requirements of FERPA, the Clery Act, Title IX, and other federal laws. No information shall be released from such proceedings except as required or permitted by law and University policy.

If You are the First Contact

Members of the University community are encouraged to speak to University staff and administration (such as Title IX staff listed above, supervisors, advisers, Security, Residence Life and Student Life staff, academic administration, faculty, etc.) to make formal reports of incidents. Notice to a University employee constitutes official notice to the University and must be communicated to the Title IX Coordinator.

Regardless of which office initially receives the first report from the victim (i.e. residential staff, Student Leadership and Engagement staff, faculty, administrative staff, and student staff), the contact person at this stage should provide immediate support and short-term problem-solving. The primary goal is to help the victim secure needed professional services. This individual will complete the Sexual Harassment/Sexual Discrimination/Sexual Assault/Violence Protocol Checklist and report allegations to the Title IX Coordinator at 304-357-4987 or after hours at 304-541-6438.

The successful contact-victim interaction is one in which the contact has shared information concerning services available to them and the victim feels free to make a choice as to what, if anything should happen next. A good contact person will listen objectively and not blame the victim. Self-blame is common. The victim needs your support, guidance and understanding. Assure them that it was not their fault.

Confidentiality is a very important issue. Discuss the limits to confidentiality prior to discussing the details of an alleged sexual harassment, sexual discrimination or sexual assault/violence incident. Under no

circumstances should the individual be given the impression that the fact that a Title IX incident occurred will remain with you. Explain to the victim that basic information about the incident will be shared with the Title IX Coordinator for the University. The Title IX Coordinator will compile information on reported Title IX issues for the institution and will share the information with others on a “need to know” basis only.

The victim of sexual harassment, sexual discrimination, or sexual assault/violence may be in shock when you speak with him or her. S/he may have trouble staying focused on your instructions. Be patient, speak slowly, and repeat information as necessary. Provide handouts to the victim whenever possible.

Reported incidents will be investigated and may be resolved through the appropriate grievance procedures. Only people who have a need to know about the incident will be informed, and information will be shared only as necessary with investigators, witnesses and the accused person. Reports that are made anonymously or by third parties may not initiate grievance procedures; however, Title IX requires the University to investigate all incidents about which the University knows or has reason to know in order to protect the health and safety of the University community. The University will undertake an investigation even in cases where the alleged victim and/or complainant choose not to cooperate.

Throughout this process, every effort is made to ensure confidentiality.

Substance Abuse Recovery Resources

For a list of NA meetings in the Charleston area, please visit the following link:

www.mrscna.org

For a list of AA meetings in the Charleston area, please visit the following link:

www.aawvdist.org/meetings.html

Please contact the following resources for assistance and/or information about substance abuse prevention and recovery services:

- Counseling and Outreach Services- Geary Student Union 301, 304-counselor@ucwv.edu
- HELP4WV- 1-844-HELP-4WV (1-844-435-7498) www.help4wv.com
- Highland Hospital- 304-926-1600
- Mattie V Lee Home- 304-344-1827
- Pretera Center- 304-341-0511
- Process Strategies- 304-348-1436
- Rea of Hope- 304-344-5363
- Recovery Point of Charleston- 304-523-4673
- Thomas Memorial Behavioral Health- 304-766-3553
- Integrated Recovery Wellness Center- 304-768-7688
- Kanawha Valley Fellowship Home- 304-342-8051
- Peer Resource Network (PRN)- 304-756-3734

Stress

Stress is a normal part of college life. A certain level of stress is healthy and can be motivating. When stress goes beyond this level, it can become a problem. Studies show that stress, more than physical illness, lack of sleep or concern for a friend or family member, was the single biggest obstacle to academic performance at college. Each of us responds to stress differently. Below are some signs and symptoms of stress.

- Changes in eating patterns
- Changes in sleep patterns
- Increased frequency of headaches
- Being more irritable than usual
- Recurring colds and minor illnesses
- Frequent muscle aches and/or tightness
- Being more disorganized than usual
- Increased difficulty in getting things done
- Greater sense of persistent time pressure
- Increased frustration and anger

Stress usually shows up as an emotional or psychological state of tension. But it's common to also physically "feel" stressed out because of the physiological and hormonal changes caused by stress.

How can I manage stress?

Fortunately, it's possible to manage and maintain stress at healthy levels. The key is learning to recognize the signs and causes of stress, and to be proactive about combating stress when it first appears. Adequate sleep, healthy diet, relaxation techniques such as deep breathing and meditation and exercise can help to minimize the negative effects of stress.

Please visit www.ulifeline.com/ucharleston for more information about how to manage stress. To speak with the on-site mental health therapist please visit Counseling and Outreach Services on the third floor of Geary Student Union in room 301.

Depression

Depression is a medical condition that can affect a person's ability to work, study, interact with people or take care of themselves. Many of us have felt sad or alone at some point, but it is when sadness becomes too much to handle, or lingers for a long time, when it may be a sign of depression. Depression is a medical condition that can affect people's ability to work, study, have proper hygiene or upkeep, interact with people or take care of themselves. It can be caused by imbalances in brain chemistry, triggered by stress, or caused by poor nutrition, physical illness, personal loss, and school or relationship difficulties.

Not everyone experiences depression in the same way. Depressed people may appear withdrawn and despondent, or they may be aggressive and self-destructive. Some people may be depressed about a specific problem, while others feel deeply unhappy without knowing why. According to ULifeline, depression affects about 19 million people in the United States every year. Depression can occur as a one-time incident, or it can recur throughout a person's life. The first episode of depression often appears during young adulthood.

Signs and Symptoms

- Persistently sad, anxious, irritable or empty mood
- Loss of interest in previously enjoyable activities
- Withdrawal from friends and family
- Trouble sleeping or sleeping too much
- Fatigue and decreased energy
- Significant change in appetite and/or weight
- Overreaction to criticisms
- Feeling unable to meet expectations
- Difficulty concentrating, remembering details, and making decisions
- Feelings of worthlessness, hopelessness or guilt
- Persistent physical symptoms such as headaches, digestive problems or chronic pain that do not respond to routine treatment
- Substance abuse problems

- Thoughts of suicide or suicide attempts

Getting Help

Depression is highly treatable and there are many available strategies and methods used to treat depression. It's important to realize that depression can last months, or even years, if left untreated. People who are depressed sometimes think about suicide. It's important to seek help immediately if you or someone you know is having these thoughts.

Please visit www.ulifeline.com/ucharleston for more information about how to manage stress. To speak with the on-site mental health therapist please visit Counseling and Outreach Services on the third floor of Geary Student Union in room 301.

Anxiety

Anxiety disorders are the most common mental illnesses in the U.S. Generalized anxiety disorder, obsessive-compulsive disorder, panic disorder, post-traumatic stress disorder, phobias, and social-anxiety disorder are all different types of anxiety disorders. Anxiety is a completely normal response to stress and everyone experiences some degree of anxiety at some point in his or her life. Anxiety becomes a disorder when the reaction is out of proportion to what's going on or is impossible to control. Anxiety can feel so overwhelming that it hurts a person's ability to work, study, interact with people, or follow a daily routine. Anxiety can develop from a complex set of biological and environmental factors, including genetics, biochemistry, and traumatic life events.

Signs and Symptoms

Because anxiety appears in so many different conditions, it can look very different from person to person. Some people express their anxiety emotionally, while others show signs of physical distress. The unifying factor, however, is a sense of overwhelming, irrational fear. Here are some signs that someone is experiencing anxiety:

- Excessive worry with an inability to control it
- Intense episodes of fear or panic
- Recurring nightmares
- Avoidance of social situations
- Difficulty concentrating
- Repeated, unwanted thoughts or obsessions
- Sleep disturbances
- Upsetting, intrusive memories of a traumatic event
- Physical symptoms such as nausea, stomach pain, rapid heart rate, muscle tension, sweating, shaking, dizziness, numbness, or difficulty breathing

Getting Help

Anxiety disorders are treatable and manageable with treatment, such as counseling and/or medication. Therapy for anxiety disorders works by helping people identify and change the irrational beliefs or fears behind their anxiety. Living a healthy life such as getting adequate sleep, nutrition, and exercise, as well as relaxation techniques, can all help minimize symptoms.

Please visit www.ulifeline.com/ucharleston for more information about how to manage stress. To speak with the on-site mental health therapist please visit Counseling and Outreach Services on the third floor of Geary Student Union in room 301.

Suicide

Suicide is the second leading cause of death among college students and it is the act of deliberately taking one's own life. Most people who die by suicide suffer from an underlying emotional disorder, usually depression. Other mental health disorders such as anxiety disorders, bipolar disorder, substance abuse, psychotic disorders or eating disorders can increase the risk of suicide. Understanding and identifying the warning signs of suicide, and acting quickly to get help, is crucial in suicide prevention. There is hope and people with suicidal ideation (thoughts) and people who are suicidal can be helped with treatment.

Signs and Symptoms

More often than not, individuals who are contemplating suicide will give some warning signs to a friend or family member. All suicide threats, gestures, and attempts must be taken seriously. Below are some warning signs that a person may be at risk for suicide:

- Hopelessness
- Rage, uncontrolled anger, or seeking revenge
- Acting reckless or engaging in risky activities, seemingly without thinking
- Feeling trapped or like there's no way out
- Increased alcohol or drug use
- Withdrawing from friends, family, and society
- Anxiety, agitation, unable to sleep or sleeping all the time
- Dramatic mood changes
- Expressing no reason for living or no sense of purpose in life
- Prior suicide attempts

Getting Help

If you are having thoughts of suicide or any type of self-harm, contact Counseling and Outreach Services, Geary Student Union, 3rd Floor Office 301, 304-357-4862, or at uc-counselor@ucwv.edu, text START to 741-741, or call the National Suicide Prevention Lifeline at 1-800-273-8255 (TALK) to speak with a trained professional and get connected to a mental health provider on or near your campus. Crisis Text Line and the Lifeline hotline are available 24 hours a day nationwide. You can also dial 911 or go to the nearest emergency room.

Suicide Policy and Procedures

Purpose: To provide prevention tools, guidelines, safety measures, and treatments to students, faculty, and staff who present a suicide risk. House Bill 2535, 27-6-1, "Jamie's Law;" "requiring each public and private institution of higher education to develop and implement a policy to advise students and staff on suicide prevention programs available on and off campus; to provide all incoming students with information about depression and suicide prevention resources available to students; requiring the posting of certain information on the website of the public and private institutions of higher education.

Definitions- According to the Centers for Disease Control and Prevention (2013), the following are suicide related definitions:

Suicide

Death caused by self-directed injurious behavior with any intent to die as a result of the behavior.

Suicide attempt

A non-fatal self-directed potentially injurious behavior with any intent to die as a result of the behavior. A suicide attempt may or may not result in injury.

Suicidal ideation

Thinking about, considering, or planning for suicide. Passive ideation is talking of "being dead" or saying, "I

wish I was dead.” Active ideation is wanting to kill or hurt oneself, but also thinking of and verbalizing realistic ways of carrying out the suicide. Active ideation includes a plan of suicide.

Suicide Warning Signs

- Threatening to hurt or kill oneself or talking about wanting to hurt or kill oneself
- Looking for ways to kill oneself by seeking access to firearms, available pills, or other means
- Talking or writing about death, dying, or suicide when these actions are out of the ordinary for the person
- Feeling hopeless
- Feeling rage or uncontrolled anger or seeking revenge
- Acting reckless or engaging in risky activities without thinking
- Feeling trapped- like there’s no way out
- Increasing alcohol or drug use
- Withdrawing from friends, family, and society
- Feeling anxious, agitated, or unable to sleep or sleeping all the time
- Experiencing dramatic mood changes
- Seeing to reason for living or having no sense of purpose in life

Retrieved from SAMHSA website: <http://store.samhsa.gov/shin/content//SVP11-0126/SVP11-0126.pdf>

Prevention Resources Available

- University of Charleston Counseling and Outreach Services offers free individual and group therapy services for students.
- Workshop and training opportunities for students.
- Workshop and training opportunities for administration, faculty, and staff
- Information (brochures, pamphlets, etc.) provided to students, faculty and staff about suicide and available resources.
- ULifeline- <http://www.ulifeline.org/ucharleston>
- Information offered on University of Charleston website: <http://www.ucwv.edu/UC-Life/Student-Services/Wellness-Services/>
- Prevent Suicide WV- <http://preventsuicidewv.org/>

Crisis Intervention Access

- Call 911
- Call University of Charleston Office of Safety and Security- 304-357-4857
- Call University of Charleston Counseling and Outreach Services- 304-357-4862
- Pretera Center Crisis Unit East, 1001 Smith St, Charleston, WV 25301, 304-414-2302
- Highland Hospital, 300 56th St. SE Charleston, WV 25304, 304-926-1600
- Thomas Memorial Hospital Behavioral Health Services, 4605 MacCorkle Ave. SW, South Charleston, WV 25309, 304-766-3600
- Suicide Hotline- 1-800-273 TALK (8255)
- Text START to 741-741 for help and/or someone to talk to
- The Jed Foundation- <https://www.jedfoundation.org/>
- The Suicide Prevention Resource Center- <http://www.sprc.org/training-institute>
- ULifeline- <http://www.uflifeline.org/mctc>
- Prevent Suicide West Virginia- www.preventsuicidewv.org

Mental Health Services Access

Free mental health counseling is available for students at the University of Charleston Counseling Center located in the Geary Student Union Building, Third Floor in room 301. Counselors are available during times of crisis and can help provide support and resources. Counselors also make community resource referrals if needed. If you feel you are unable to keep yourself safe, cannot reach your counselor, and/or you are in need of help after hours please contact and/or do the following:

- Call 911
- Contact the University of Charleston Office of Safety and Security at 304-357-4857(office) or 304-859-2755 (cell) and the on-call counselor will be notified.
- Go to your local emergency room
- Contact the Suicide Crisis Line 24/7- 1-800-273-TALK (8255)

Student Communication Plan

Information pertaining to suicide, mental health, and overall wellness will be disseminated to students in the following ways:

- Orientation
- UNIV 101 classes
- On the University of Charleston website: <http://www.ucwv.edu/UC-Life/Student-Services/Wellness-Services/>
- ULifeline/ www.ulifeline.org/ucharleston
- Information will be posted throughout the campus (elevators, televisions, bulletin boards, in common meeting areas).
- Information will be posted in the Student Success Center, Schoenbaum Library, Residence Halls, Administration Buildings, and the Geary Student Union.
- E-mails will be sent to students periodically during the semester with related information and resources
- Use of Pamphlets, brochures, flyers, etc.
- Workshop opportunities
- Training opportunities for administration, faculty, and staff to assist with communicating resources to students and noticing the warning signs
- Training and workshop opportunities for students

Post Intervention Plan

If a student were to attempt/commit suicide Counseling and Outreach Services will ensure students will have someone to talk to and will be supported.

The following will be the strategic plan to communicate effectively with students, staff, and parents after the loss of a student to suicide:

1. University of Charleston Administration and Behavioral Intervention Team Committee will meet to assess the crisis situation and periodic meetings will occur to assess the effectiveness of the current plans in place. If needed, outside professionals and resources will be consulted with.
2. Faculty and staff will have a meeting and be informed of the incident. Faculty and staff will also be provided with resources to assist students if needed.

3. Therapists and Grief Counselors will be present to speak with students, faculty, and staff in the time of need and/or crisis.
4. The Behavioral Intervention Team Committee will meet to discuss increased/improved training and learning opportunities on the subject of suicide.
5. School activities will be monitored to ensure there is adequate support and resources for students and employees.
6. University of Charleston will link with community suicide resources for assistance.

The University of Charleston will utilize the SAFE-T (Suicide Assessment Five-Step Evaluation and Triage) method, ASAP-20 assessment, ASAP-20 Adult Assessment, as well as QPR- Question, Persuade, Refer Gatekeeper strategies to assess and evaluate safety of the student at-risk. This assessment is utilized by the Education Development Center, Inc., and Screening for Mental Health, Inc.

Counseling and Outreach Services Referral Process

Counseling and Outreach Services Referral Form

Name: _____ **Date:** _____

Student ID #: _____ **Campus:** _____

Phone Number: _____

E-mail Address: _____

Presenting Needs (List all presenting concerns, symptoms, needs, current resources, etc.:)

Referred by:

- Self
- Faculty -Name: _____
- Staff- Name: _____
- Other- Name: _____

Past and Current Mental Health Services:

Past and Current Mental Health Diagnosis:

Other Information:

Please return this referral to: The Counseling Center at UC-Counselor@ucwv.edu, Geary Student Union Room 301, or call 304-357-4862. If you feel the student is in immediate danger, please contact 911, University of Charleston Office of Security, and/or Candace Layne, Director of Counseling and Outreach Services at 304-357-4862.

Community and On-Campus Resource Guide

Academic Success

University of Charleston Academic Success Center | Room 302 Clay Tower Building | 304-357-4776
(Peer tutoring, standardized testing, disability services for students, academic advising)
Student Solutions Center | 206 Rigglesman Hall | 304-357-4947 | 877-393-5014
IT Help Desk | help@ucwv.edu | 304-357-4947

AIDS

Kanawha-Charleston Health Department | 108 Lee St. E | Charleston, WV 304.348.0700
Division of STD, HIV, and Hepatitis of WV of the Department of Health and Human Resources | 350 Capital Street Room 125 | Charleston, WV 25301 | 304.558.2195 | 1.800.642.8244
Tri-State AIDS Task Force | 1102 Memorial Blvd W | Huntington, WV 25701 | 304.522.4351
AIDS Hotline | 1.800.642.8244
Coventry Cares of WV- Carelink Health Plans | 500 Virginia St. E. Ste 4100 | Charleston, WV 25301 | 304.348-2900
CAMC Health Info Center | 304.388.5432
Raleigh County Department of Health and Human Resources/ 407 Neville Street / Beckley, WV 25801 / Open M-F 8:30am – 5pm / 304.256.6930
Raleigh County Health Department | 1602 Harper Road | Beckley, WV 25801 | 304-252-8531
Community Networks | 216 East John St. | Martinsburg, WV | 25401 | 304-263-3510

Child Abuse/ Neglect and Adult Abuse

Department of Health and Human Resources | 4190 Washington St, | Charleston, WV 25313 | 304.746.2360 |
Adult and Child Abuse Hotline | 800.352.6513
Braley & Thompson | 301 RH L Blvd | Charleston, West Virginia 25309 | 304.744.2155
Burlington United Methodist | 900 Washington St. | Charleston, WV 25301 | 304.720.1904
Child's Home Society | P.O. Box 2942 | 1422 Kanawha Blvd East | Charleston, WV 25330 | 304.346.0795
KVC West Virginia | 300 Kenton Drive, Suite 200 | Charleston, WV 25311 | 304.347.9818
Mission WV | 168 Midland Trail, Suite 1 | Hurricane, WV 25526 | 304. 562. 0723
Raleigh County Department of Health and Human Resources/ 407 Neville Street / Beckley, WV 25801 / Open M-F 8:30am – 5pm / 304.256.6930

Childcare

Connect Childcare Resources and Referral | 1701 5th Ave. Box 4 | Charleston, WV 25387 | 304.414.4488 |
For a list of childcare centers in the Charleston area please visit the following website:
www.childcarecenter.us/west_virginia/Charleston_wv_childcare
WV DHHR Bureau for Children and Families | 350 Capitol Street | Charleston, West Virginia 25301 | 304.558-0628
Mountain Heart Community Services, INC. / 33 Mountain Heart Lane / Matheny, WV 25860 / 304.682.8271
Childcare Resource and Referral | 228 Ragland Road | Beckley, WV | 304-253-7654
Mountain Heart Community Service, Inc. | 321 Lutz Ave. | Martinsburg, WV 25404 | 304-262-1584

Child Support

Child support Hotline | | Charleston, WV 25313 | 800.249.3778 |
Legal Aid of WV, Inc. | 922 Quarrier St. #400 | Charleston, WV 25301 | 304.343.3013

Raleigh County Department of Health and Human Service -Child Support/ 407 Neville Street / Beckley, WV 25801 / 304.256.6973 / Open M-F 8:30am-5pm
Legal Aid of WV | 115 S Kanawha St. #B | Beckley, WV | 25801
Bureau for Child Support Enforcement | 433 Mid Atlantic Center | Martinsburg, WV 25402 | 304-267-0110

Clothing

Dress for Success Charleston | 36 Norwood Road | Charleston, WV 25314 | 304.347.3838 |
Covenant House Clothing Closet | 900 Washington St. E| Charleston, WV 25301| 304.744.0863
Union Mission Ministries | 700 South Park Road #1 | Charleston, West Virginia 25304 | 304.925.0366 |
Heart and Hand | 304.744.6741
Mountain Mission | 304.344.3407
Salvation Army | 304.343.45483
YWCA Gently Used Clothing | 304.340.3646
Fishes and Loaves | 224 Pinewood Dr. | Beckley, WV 25801 | 304-525-3402
Helping Hands Community Resource Center | 1131 First Ave. | Beckley, WV 25801| 304-252-3467
Martinsburg Salvation Army | 304-267-4612

Counseling/Mental Health Services

DaySpring Counseling Center| 1219 Ohio Avenue | Dunbar, WV, 25064| 681.265.9204
Counseling Connection | 1221 Quarrier Street Ste 414, | Charleston, WV 25313 | 304.340.3676 |
Highland Hospital | 304.926.1600
Kanawha Pastoral Counseling | 304.346.9689
KPCC Counseling | 301 RH L Blvd | Charleston, West Virginia 25309 | 304.345.1388
Cassis Therapy Associates | 900 Washington St. | Charleston, WV 25301 | 304.720.1904
Children First | P.O. Box 2942 | 1422 Kanawha Blvd East | Charleston, WV 25330 | 304.553-1055
Process Strategies | 304.348.1436
Pretera Center | 304.341.0511
Thomas Memorial Behavioral Health | 300 Kenton D, Suite 200 | Charleston, WV 25311 | 304.766.3553
WV Substance Abuse and Mental Health Hotline | 844-HELP4WV| 844.435.7498
WVU Behavioral Medicine | 168 Midland Trail, Suite 1 | Hurricane, WV 25526 | 304. 388.1000
Pyramid Counseling | 130 George St. | Beckley, WV 25801| 304-256-0200
Life Strategies Counseling Services | 120 Harper Court | Beckley, WV 25801 | 304-255-7526
Beckley Psychiatric Services | 330 N Eisenhower Dr. | Beckley, WV 25801 | 304-929-0786
Shenandoah Community Health Center | 304-263-7023

Credit/Financial

Counseling Connection | 1021 Quarrier St. Suite 414, | Charleston, WV 25301 | 304.340.3676 |
Highland Hospital | 304.926.1600
Consumer Credit Counseling | 109 Main St. | Beckley, WV 25801 | 304-255-2499
Clearpoint Financial Solutions, Inc. | Martinsburg, WV | 877-877-1995

Dental

Charleston Dental Associates || 304.344.0344 |
WV Department of Health and Human Resources | |304.746.2360

WV Dental Associates | 304.344.5246

WV Healthright | 1520 Washington St. E | 304.414.5930

Domestic Violence

Counseling Connection | 1021 Quarrier St. Suite 414, | Charleston, WV 25301 | 304.340.3676 |

Highland Hospital | 304.926.1600

Kanawha Pastoral Counseling | 304.346.9689

KPCC Counseling | 301 RH L Blvd | Charleston, West Virginia 25309 | 304.345.1388

Cassis Therapy Associates | 900 Washington St. | Charleston, WV 25301 | 304.720.1904

Children First | P.O. Box 2942 | 1422 Kanawha Blvd East | Charleston, WV 25330 | 304.553-1055

Process Strategies | 304.348.1436

Prestera Center | 304.341.0511

Thomas Memorial Behavioral Health | 300 Kenton D, Suite 200 | Charleston, WV 25311 | 304.766.3553

WV Substance Abuse and Mental Health Hotline | 844-HELP4WV | 844.435.7498

WVU Behavioral Medicine | 168 Midland Trail, Suite 1 | Hurricane, WV 25526 | 304. 388.1000

Women's Resource Center | 328 Neville St. #30 | Beckley, WV 25801 | 304-255-4066. |

Shenandoah Women's Center | 236 W Martin St | Martinsburg, WV 25401 | 304-263-8292

Drug/Alcohol Treatment Programs

Rea of Hope | | Charleston, WV 25313 | 304.344.5363 |

Union Mission Foundations Addiction Recovery Program | 304.925.0366

Samaritan Inn | 304.

Oxford House | 4 Park Drive | Charleston, West Virginia 25302 | 304.400.4806

Partnership for African American Churches (PAAC) | 106 Lincoln Ave. | Dunbar, WV | 304.768.7688

Kanawha Communities that Care | | Charleston, WV 25330 | 304.437.3356

CAMC General Hospital | 304.348.1436

Prestera Center | 304.388.5432

Thomas Memorial Behavioral Health | 300 Kenton D, Suite 200 | Charleston, WV 25311 | 304.766.3553

WV Substance Abuse and Mental Health Hotline | 844-HELP4WV | 844.435.7498

Mattie V. Lee Home | 810 Donnelly St. | Charleston, WV 25301 | 304. 344.1827

Life Changers Outreach | 3677 Robert C Byrd Dr. | Beckley, WV 25801 | 304-953-3987

Southern West Virginia Fellowship Home | 201 Woodlawn Ave. | Beckley, WV 25801 | 304-253-1441

Martinsburg Institute | 223 Eagle School Rd. | Martinsburg, WV | 304-263-1101

Eating Disorders

WVU Disordered Eating Center of Charleston | | Charleston, WV 25313 | 304.388.1029

Employment

UC Center for Career Development | Schoenbaum Library, Room 301 | 304.357.4977

Workforce WV | 1321 Plaza East Shopping Center | 304.558.0291

Workforce WV Career Center | 300 New River Dr. | Beckley, WV 25801 | 304-256-6796

Workforce WV | 891 Auto Parts Place Suite 1314 | Martinsburg, WV 25401 | 304-267-0065

Exercise/Physical Health

UC Morrison Fitness Center | | Charleston, WV 25313 | 304.357.4819|
Nautilus Fitness YWCA| 1114 Quarrier St. | Charleston, WV 25301| 304.340.3550
Nautilus Fitness | 3200 Chesterfield Ave.| Charleston, WV 25301| 304.346.2801
Kanawha City Rec Center | | Charleston, West Virginia 25302 | 304.348.6484
LA East Fitness | 122 Appalachian Drive | Beckley, WV 25801 | 304-252-0715
YMCA of Southern WV | 121 East Main St. | Beckley, WV 25801 | 304-252-0715

Food Assistance

Union Mission | | Charleston, WV 25313 | 304.925.0366 |
Common Grounds| 304.720.9690
Covenant House | 304.344.8053
Salvation Army | | Charleston, West Virginia 25309 | 304.343.4548
Helping Hands | 106 1st Ave. | Beckley, WV 25801 | 304-253-3467
Fishes and Loaves Pantry | 224 Pinewood Dr. | Beckley, WV 25801 | 304-252-3402
Food Pantry/Emergency Services | PO Box 101 | Whitesville, WV | 304-854-2997 | 304-854-1043
WIC Raleigh County | 1600 Harper Rd. | Beckley, WV 25801 | 304-255-9034
Salvation Army | 312 S Fayette St. | Beckley, WV 25801 | 304-253-9541
Eastern Panhandle Information and Referral | 304-262-0048
West Virginia DHHR | 433 Mid- Atlantic Parkway | Martinsburg, WV | 304-267-0100
Church Without Walls Ministry, Inc. | 122 W Martin St. | Martinsburg, WV | 304-260-9509

Gambling Treatment Programs

Problem Gamblers Help Network of WV | | Charleston, WV 25313 | 304.344.9840 |
Gamblers Anonymous| www.gamblersanonymous.org
Gam-Anon | www.gam-anon.org
National Problem Gambling Hotline | 304.400.4806

Grief Support

Hospice Care |1606 Kanawha Blvd. W | Charleston, WV | 304.768.8523 |
Hospice of Southern WV | 304-894-8918

Health Insurance

Navicare| | 844-WV-CARES (844-982-2737)

Housing/Shelters

Housing Authority, Charleston-Kanawha | 304.348.6451 |
Coalition for Community Renewal| 304.346.6398
Pine Haven Homeless Shelter | 103 S Eisenhower | Beckley, WV 25801 | 304-255-9138
Beckley Housing Authority | 100 Beckwoods Dr. Beckley, WV 25801 | 304-256-1772
City-Martinsburg Housing Authority | 703 Porter Ave. | Martinsburg, WV 25401 | 304-263-8891
Martinsburg Union Rescue Mission | 602 W King St. | Martinsburg, WV | 304-263-6901

Immunization Clinics

Kanawha-Charleston Health Department | 108 Lee St. E | Charleston, WV 25301 | 304.344-5243 |
Raleigh County Health Dept. | 1602 Harper Rd. | Beckley, WV 25801 | 304-252-8531
Berkeley County Health Dept. | 122 Waverly Court | Martinsburg, WV 25403 | 304-2677130

Legal

Legal Aid | 304.343.4481 |
WV Lawyer Referrals | 800.642.3617
Senior Legal Aid | 800.229.5068
Legal Aid of WV | 115 S Kanawha St. | Beckley, WV 25801 | 304-255-0561

Literacy

Dolly Parton Imagination Library (free books for children 5 and under)
WV Dept. of Education and the Arts | Charleston, WV | 304.558.2440
Raleigh County Imagination Library | WV Dept. of Education and the Arts | Charleston, WV | 304-558-2440 or
304-253-2806
Adult Education Learning Center | 2001 Union Carbide Dr. Room 029 | South Charleston, WV 25303 | 304-
205-6626
Raleigh County Adult Learning Center | 306 S Kanawha St. | Beckley, WV 25801 | 304-256-3964
Berkeley Adult Learning Center | 206 Lutz Ave. | Martinsburg, WV 25404 | 304-263-3897

Medical Clinics/Urgent Care

Med Express | 5430 MacCorkle SE | Charleston, WV 25313 | 304.925.3627 |
Cabin Creek Health | 304.595.5006
CAMC | 304.388.5432
Charleston-Kanawha Health Department | | Charleston, West Virginia 25302 | 304.348.0700
Family Care Hills Plaza | | 304.720.4466
St. Francis Hospital | Charleston, WV 25330 | 304.347.6500
KISRA Cares | 304.768.8924
Women's Health Center | 304.344.9834
Thomas Memorial Hospital | 304.766.3600
WV Health Right | 304.343.1000
Med Express | 1709 Harper Rd. | Beckley, WV | 304-256-3027
Primary Care Plus | 124 Brookshire Lane | Beckley, WV | 304-255-9205 |
Med Express | 304-264-9730 | 304-263-6753
Valley Health | 97 Administrative Drive | Martinsburg, WV | 304-350-3200

Notary Services

Kelly Allen | University of Charleston Facilities Dept. | Charleston, WV 25313 |
UPS Store | 3501 MacCorkle Ave. SE | Charleston, WV 25304 | 304.720.8777
Kanawha County Public Library | 123 Capitol St. | 304.343.4646
The UPS Store / 1038 N. Eisenhower Drive / Beckley WV 25801 / 304.252.0111
The UPS Store | 484 Williamsport Pike | Martinsburg, WV | 304-264-4999

Parenting Support

Brale & Thompson || Charleston, WV 25313 | 304.744.2155 |

Children First| 304.553.1055

KVC WV | 304.347.9818

WV Healthy Kids and Families | 412 Elizabeth St. | Charleston, West Virginia 25311 | 304.610.6512

WV Right From the Start Program | 350 Capital St. Room #427 | 304.558.5388

Legal Aid of WV FAST Parent Liason |Charleston, WV 25330 | 866.255.4370

Raleigh County Department of Health and Human Resources/ 407 Neville Street / Beckley, WV 25801 / Open
M-F 8:30am – 5pm / 304.256.6930

Pregnancy/Women's Health

Kanawha-Charleston Health Dept. || Charleston, WV 25313 | 304.348.0700 |

Women's Health Center of WV| 510 Washington St. | Charleston, WV | 304.344.9834

WV FREE| 1114 Quarrier St. | Charleston, WV | 304.342.9188

WV Healthy Kids and Families | 412 Elizabeth St. | Charleston, West Virginia 25311 | 304.610.6512

Crossroads Pregnancy Care Center 1594 Washington St. E ||Charleston, WV | 304.346.9779

Valley Health- Kanawha Co. WIC | 4188 Washington St.W | Charleston, WV 25313

Planned Parenthood |www.plannedparenthood.org | 800.230.PLAN (800.230.7526)

TSN/WIC Program/ 1600 Harper Road / Beckley, W.V. 25801 | 304.255.9034 | 800.454.3928 |

Birthright of Beckley | 400 N. Vance Dr. | Beckley, WV 25801| 304.253.7656

Care Pregnancy Center of Eastern Panhandle, Inc. | 234 W Martin St. | 304-264-2722

Referral Services

UC Counseling and Outreach Services | Geary Student Union 301 |Charleston campus |

Dial 211 from landlines and cell phones to receive information.

Connect Childcare Resource and Referral | 1701 5th Ave. Box 4| Charleston, WV 25387| 304.414.4488

Information and Referral Line | 433 Mid-Atlantic Parkway | Martinsburg, WV 25404 | 304-262-0048

Sexual Assault

Call 911, visit a local emergency room, contact UC Office of Safety and Security at

UC Counseling and Outreach Services | Geary Student Union 301 |Charleston campus |

Virginia Moore, Dean of Students | Charleston, WV | 304.357-4987

WV FREE| 1114 Quarrier St. | Charleston, WV | 304.342.9188

The Counseling Connection REACH Program | 1021 Quarrier St. | Charleston, West Virginia 25301 |
304.340.3676

National Sexual Assault Hotline | www.rainn.org | 800.656.HOPE (800.656.4673)

Women's Resource Center / P.O. Box 1476 / Beckley, W.V. 25802 / 304.255.2559 / Toll Free 888.825.7836

Shenandoah Women's Center | 236 West Martin Street | Martinsburg, WV 25401 | 304-264-1230

Special Needs Services

WV Department of Rehabilitation Services || Charleston | 304.325.2371 |

Community Access, Inc. | Charleston, WV | 304.545.1483

Blind and Visually Impaired Services| | Charleston, WV | 304.356.2371

Fair Shake Network || Charleston, West Virginia 25301 | 304.766.0061

WV Advocates | | 304.346.0847

WV Traumatic Brain Injury Services | 877.724.8244

WV Developmental Disabilities Council / 110 Stockton Street / Charleston, WV 25387 / 304.255.2559 / Toll Free 304.346.0847/ 304.558.0416

WV Division of Rehabilitation Services | 800 New River Town Center | Beckley, WV | 304-256-6900

WV Division of Rehabilitation Services | 489 Mid-Atlantic Parkway, Suite 2 | Martinsburg, WV | 304-267-0005

Suicide/Mental Health Emergency

Call 911

UC Counseling and Outreach Services | Geary Student Union 301 |Charleston campus |

Highland Hospital| | Charleston, WV | 304.

Prestera Center Crisis Unit East |1001 Smith St. | Charleston, West Virginia | 304.414.2302

Thomas Memorial Hospital Behavioral Health Services | 4605 MacCorkle Ave. SW | South Charleston, WV 25309| 304.766.3600

WV Council for the Prevention of Suicide | 304.296.2731

Prevent Suicide WV | <http://preventsuicidewv.org/contact/> 800.273.8255

City Hospital, Gateway Behavioral Health | 2500 Hospital Drive | Martinsburg, WV | 304-264-1230

Transportation

WV Non-Emergency Medical Transportation |2 Hale St.| Charleston, WV 25301 | 681.245.8300

Kanawha Valley Regional Transportation Authority-KRT |1550 Fourth Ave.| Charleston, WV 25387 | 304.343.7586

Charleston WV Salvation Army| | Charleston, WV | 304.343.4548

Raleigh County Department of Health and Human Resources/ 407 Neville Street / Beckley, WV 25801 / Open M-F 8:30am – 5pm / 304.256.6930

Raleigh County Community Action Transportation Program- 304-252-6396

New River Transit Authority- 304-894-8918

Eastern Panhandle Transit Authority | 4461 Vovak Dr. | Martinsburg, WV 25401 | 304-263-0816

Will Care Transportation Service Inc. | 100 E King Street | Martinsburg, WV 25401 | 304-268-3250

Utility Assistance

Catholic Charities || Charleston, WV | 304.380.0162

Covenant House || Charleston, WV 25387 | 304.343.8053

Mountain Mission| | Charleston, WV | 304.344.3407

Tyler Mountain/ Cross Lanes Community | 304.376.5813

EnAct | 304.414.4475

Heart and Hand | 304.744.6741

Union Mission | 304.925.0366

WV Department of Health and Human Resources | 304.746.2360

Raleigh County Department of Health and Human Resources/ 407 Neville Street / Beckley, WV 25801 / Open M-F 8:30pm – 5pm / 304.256.6930

CCAP- Congregational Cooperative Action Project | 336 South Queen St. |Martinsburg, WV 25401 | 304-267-2810

Martinsburg Salvation Army |433 Mid-Atlantic Parkway | Martinsburg, WV 25404 | 304-262-4612

Veterans Services

UC Educational Partnerships and Military Programs | Charleston Campus | 304.357.4946 |
Veterans Affairs | 1321 Plaza E #109 | Charleston, WV | 304.558.3540 |
VA Outpatient Clinic | 700 Tech Dr. | 800.746.5300
Martinsburg VA Medical Center | 510 Butler Ave. | Martinsburg, WV 25405 | 304-263-0811

Other Community Resources

Emergency 911

American Red Cross | 113 Lakeview Drive | Charleston, WV 25313 | 304.340.3650

WV Division of Motor Vehicles | 5707 MacCorkle Ave. SE #400 | Charleston, WV 25301 | 800.772.1213

United Way of Central WV | One United Way Square | Charleston, WV | 304.

Please see Counseling and Outreach Services on the third floor of the Geary Student Union for further information and assistance with community resources 304-357-4862 or uc-counselor@ucwv.edu

For a list and assistance with finding community resources, please visit Information and Referral at the Cabell County Public Library – 455 9th St. Huntington, WV 304.528.5660 or visit www.cabell.lib.wv.us/pages/cc-SpecialServices-I&R.html

Call 211 for a landline or cell phone for information about community resources in the Tri-State Area or Department of Health and Human Services in Huntington for more state resources and programs-2699 Park Ave. #100 Huntington, WV 304.528.5800