

Resources for All MSU Students

Student Counseling Services main number (rolls over to a crisis service after 5pm): 662-325-2091

Suicide Hotline: 1-800-273-8255

Crisis Text Line: Text HOME to 741741

Nat'l Domestic Violence Hotline 1-800-799-7233

Nat'l Deaf Domestic Violence Hotline 1-855-812-1001

RAINN 1-800-656-4673

The Trevor Project 1-866-488-7386 or text START to 678678

Trans Lifeline 1-877-565-8860

LGBT Nat'l Hotline 1-888-843-4564

LGBT Senior Hotline 1-888-234-7243

SAMHSA Nat'l Helpline 1-800-662-4357

Veteran's Live Chat text 838255

Military Veterans 1-800-273-8255 press 1

Spanish Lifeline 1-800-273-8255 press 2

State Specific Resources

Mississippi DMH Helpline: 1-877-210-8513

Community Counseling Starkville Contact Helpline: 662-323-4357

Tennessee Statewide Crisis Line: 855-274-7471

Louisiana Statewide Network: Dial 211

Journaling and Self-Monitoring Apps

Self-Care: App to play self-care games

Daylio Journal: Daily journal with the ability to track emotions and behaviors over time.

Youper: AI that helps to manage stress, emotions, and track mood.

LifeCycle: Track your time, and track your habits.

Mindfulness and Meditation Apps (Great for anxiety!)

HeadSpace

Smiling Mind

iMindfulness

Mindfulness Daily

Calm

Stop, Breathe, & Think

OMG! I can Meditate!

Oak

Insight Timer

Meditation Studio

Mood and Anxiety Regulation Apps

Sanvello for Stress and Anxiety: CBT for working through emotions.

Moodpath: Assess track and improve health through behavioral activation

Worry Watch: Journaling tool that looks at what the worry looks like, severity, coping, etc.

Sleep Apps

Slumber: Fall Asleep, Insomnia

Breathe, Meditation & Sleep: Sleep tracks, guided meditation for sleep, hypnotherapy, music.

CBT-I Coach: Sleep hygiene, sleep restriction, setting up positive sleep routines.