

# MENTAL HEALTH WELLNESS RESOURCES

REMOTE, VIRTUAL, AND ONLINE  
STUDENTS



## EMERGENCY RESOURCES:

### Eagle Eye After Hours Crisis Hotline

855-206-8997 or  
931-372-3331

*(daily after business hours, weekends, holidays,  
any time that campus is closed)*

### National Suicide Prevention Lifeline

Call 24/7 at 988 or 1-800-273-8255

### Volunteer Behavioral Health Crisis Hotline

24/7 – 1-800-704-2651

### Crisis Text Line

Text Hello to 741-741

### University Police

931-372-3234 or 911

## SCHEDULING APPOINTMENTS

Online scheduling of appointments is available via the Eagle Wellness Portal at [myhealth@tntech.edu](mailto:myhealth@tntech.edu).

The Counseling Center offers HIPAA compliant virtual Zoom tele-counseling sessions by licensed Counseling Center professionals or Mantra Health professionals. Please call (931) 372-3331 to schedule or schedule via the Eagle Wellness Portal.

## DIGITAL SUCCESS WORKSHOPS FOR FACULTY, STAFF, AND STUDENTS:

Digital Student Success Workshops (visit [www.tntech.edu/counsel/workshops](http://www.tntech.edu/counsel/workshops)) are available to the campus community, including Alcohol and Drug Jeopardy by Jeopardylabs.com.

## SELF-GUIDED THERAPY APP-WELLTRACK:

The Counseling Center at Tennessee Tech is excited to announce the addition of WellTrack, a health app for students that incorporates a self-guided approach to the therapeutic process. Log on at <https://tntech.welltrack.com/> to get started.

## MANTRA HEALTH:

Virtual Therapy and virtual psychiatry to include diagnosis, treatment, and medication management is available to students via Mantra Health. To learn more please contact the counseling center at 931-372-3331.

**FOR A COMPLETE LIST OF COUNSELING CENTER RESOURCES PLEASE VISIT THE COUNSELING CENTER WEBSITE:  
[WWW.TNTECH.EDU/COUNSEL](http://WWW.TNTECH.EDU/COUNSEL).**