



Creating a Culture of Care and Compassion



CARE.UNC.EDU

Creating a community of care at Carolina means that we look out for each other. We take an interest in each other and work to address the well-being of all community members.

The Heels Care Network website is a place for all Tar Heels – undergraduate, graduate and professional students, and post-docs, as well as faculty and staff – to come together in support of each other.

Shifting the Environment

There are many aspects of campus life that may impact our mental health. UNC-Chapel Hill has committed to a four-year, evidence-informed collaboration with JED Campus to promote student well-being and prevent suicide. The program will help inform campus policies and practices as we build upon existing student mental health, substance use, and suicide prevention/intervention/postvention efforts, led by UNC Student Affairs and with the advice and support of a campus-wide task force.



We Need Your Help

A campus environment is influenced by everyone in it—by people like you. Consider how to set yourself and your group up for mental health success.

- Be flexible and understanding.
- Maintain open communication.
- Create a safe atmosphere.
- Take time for self-care.
- Advocate for systemic shifts that prioritize wellbeing.

If you are concerned about someone, check out our Suicide Prevention Strategies and other Mental Health Educational content at care.unc.edu. If your concern is about a student, you can let us know using the Care Referral form, and a caring staff member will check in on them.

Connection to Resources

Carolina wants to remove barriers that get in the way of accessing the many mental health resources on campus that exist to help you build resilience and support your success. On the Mental Health Resource Hub, you will find programs offered by CAPS, Student Wellness, peer support groups, student organizations, community resources, and so much more. The hub includes brief details helping users find a supportive option that meets their needs around urgency, cost, identity, campus affiliation, type of support, and mental health issue.

If you are looking for more individualized help, the website has an **online chat** with LSN students (“Listen” peer supporters) who can help you connect with a resource that fits your needs.



Heels Care

CARE.UNC.EDU

We are in this together. We care about you, and we want to see you thrive.

There are places to get help if you need it.

FOR EMERGENCIES CALL 911

FOR URGENT SUPPORT

Text START to the Crisis Text Line at 741-741

Call the National Suicide Prevention Lifeline
1-800-273-8255

STUDENTS

Call CAPS 24/7 919-966-3658
or drop-in M-F 8a-5p

FACULTY AND STAFF

Contact the University Employee Assistance Program (EAP) 24/7 at 877-314-5841



THE UNIVERSITY
of **NORTH CAROLINA**
at **CHAPEL HILL**