**Updates regarding mental health services on the VTC Health Sciences and Technology Campus in Roanoke.**

We want to inform you that Dr. Jennifer Slusher has recently transitioned away from her role as an embedded counselor at the Virginia Tech Roanoke campus. Her contributions over the years have been invaluable, and we are deeply grateful for her dedication and support.

As we begin the search for a new embedded counselor, we want to assure you that your access to mental health services will remain uninterrupted. During this transition period, we have put measures in place to ensure you continue to receive the support you need. Please do not hesitate to reach out for assistance as we navigate this change together. Your well-being remains our top priority.

**TimelyCare** is a virtual health and well-being platform available 24/7, 365 days a year, for Virginia Tech students and staff. This service is offered at no cost. TimelyCare is an addition — not a replacement — to the many [mental health support structures](https://well-being.vt.edu/mental.html) in place at Virginia Tech.

TimelyCare at Virginia Tech offers the following counseling services for students.

* **Scheduled counseling** allows students to make appointments with counselors licensed in the state where the student is located. Students have access to 12 scheduled counseling appointments per academic year and can look at biographical information, specializations, identities, and photos of counseling providers and choose the provider who best suits their needs. Students can maintain the same counselor over those 12 appointments. Over half of the TimelyCare providers hold a BIPOC identity.

* **TalkNow** provides unlimited, on-demand mental health support, 24/7. TalkNow will connect students with a counselor to provide immediate care when you need someone to talk to in the moment to address things like anxiety, school-related stress, relationships or sadness. TalkNow can be a supplement to therapy or standalone.

[***Register for TimelyCare***](https://timelycare.com/virginiatech)*online or download the app. It only takes a few minutes to register.* Use your VT email address to log in.

For more details about TimelyCare at Virginia Tech, please visit our [TimelyCare site](https://ucc.vt.edu/timelycare.html).

**Cook Counseling Center Psychiatric Services** remain on site at the VT Roanoke campus on Mondays 8am – 5pm, by appointment only.

**Consultation for mental health emergencies** are available 24/7 by phone or available face to face during business hours on the Blacksburg campus. The Cook Counseling Center number, **540-231-6557**, can be used during regular office hours to speak with one of our crisis clinicians or after-hours to speak with our after-hours crisis service clinicians.

In addition to on-campus resources, for those in need of immediate mental or emotional health support, callers can reach the National Suicide Prevention Lifeline by dialing 988 or by accessing local, national and international resources located here: <https://ucc.vt.edu/clinical_services_students/emergency_services.html>.

Students seeking a private space to meet with a counselor can either email roanokehokies@vt.edu or ask any receptionist to reserve a huddle space in 4 Riverside or the Center for Inclusion in 2 Riverside.