



The Center for Care & Resilience (CCR) provides strengths-based, inclusive, holistic support, consultation, and education to members of the UTK community. CCR works to promote individual student's well-being and success and encourage wellness and personal safety.

What We Do:

- Assess the needs of students experiencing a non-life-threatening crisis
- Help students connect with appropriate campus and/or community resources
- Consult with faculty/staff about students in distress
- Provide basic mental health support to students
- Support student recovery during times of illness or injury
- Work with students to solve problems and develop self-efficacy
- Provide presentations to staff, faculty, and student organizations about our services or other relevant mental health or wellness topics
- Provide training and internship opportunities to UT undergraduate and graduate students

When to Reach Out:

- Student expresses distress to you directly through an assignment, verbally or in an email.
- Mental health, high stress, SI, HI (if there are immediate safety concerns you call UTPD)
- Student behavior changes – a departure in functionality
- Medical issues
- Increasing absenteeism
- Frequent sleeping in class
- Financial insecurity
- You'd like a private consultation about a student or student involved situation

How to reach out:

- Call 865-974-HELP (4357) ---available 24 hours a day
- Online report <https://dos.utk.edu/974-help/>
- Come to our offices-we accept walk-ins M-F 8am-5pm
- Non-urgent consultation or to request a presentation email 974help@utk.edu

What happens after you reach out:

- You may report anonymously, but we encourage you to let your student know you reached out to us).
- We open a case and do outreach within 24 business hours (call/email)
- We reach out by phone if immediate attention is required.
- Once we open a case limited information sharing, however we can let you know if the student has responded to our outreach -may follow up with you to gather additional information.
- Coordinate with campus and community partners to provide support that best meets the students' needs.