

**We will contact you as soon as an opening becomes available. While you wait, check out our website for other helpful resources.**

[k-state.edu/counseling/topics/resources.html](http://k-state.edu/counseling/topics/resources.html)

## **If your situation worsens and you are in crisis:**

- Come to Counseling Services Mon–Fri 8–5 and notify the front desk that you are in crisis**
- Call 911**
- Text START to 741–741**
- Go to the Via Christi Hospital emergency room 1823 College Ave, Manhattan, KS**

**KANSAS STATE**  
UNIVERSITY | Counseling Services  
(785) 532-6927 • [k-state.edu/counseling](http://k-state.edu/counseling)

## **If you are interested in exploring community provider options:**

### **Check your insurance website or call customer service**

to find providers in the community covered by your insurance.

### **Psychology Today** [www.psychologytoday.com](http://www.psychologytoday.com)

You can filter by insurance carrier after initial search.

### **Via Christi Behavioral Health**

785-776-2833 • 222 N 6th Street, Manhattan, KS 66502

\*Hours: Mon – Fri 8am – 5pm

### **Pawnee Mental Health Services**

785-587-4300 • 2001 Claflin Rd, Manhattan, KS 66502

\*Hours: Mon & Wed 7:30am – 9pm, Tuesday & Thu 7:30am – 8pm, Fri 7:30am – 5pm

### **K-State Family Center**

785-532-6984 • 1405 Campus Creek Rd., Manhattan, KS 66506

\*Appointments are available Mon – Thu 8 am – 9 pm, Fri 8 am – 5 pm

The business office is available to take appointments Mon – Fri 8am – 5pm

**There are many therapists in the Manhattan community.**

**If you decide to seek therapy elsewhere, please let us know.**