Northwestern

University Mental Health Resources

Available to students, faculty and staff

Northwestern Chaplain Services

- Website: https://www.northwestern.edu/religious-life/need-to-talk/index.html

Office of Civil Rights and Title IX Compliance (as related to mental health related accommodations)

- Website: https://www.northwestern.edu/equity/
- Phone: 847-467-6165

Suicide prevention resources (CAPS):

- Website: https://www.northwestern.edu/counseling/workshops-outreach/suicide-prevention-training-resources/

Available to faculty and staff

Employee Assistance Program (EAP)

- Website: https://www.northwestern.edu/hr/benefits/well-being/programs/employee-assistance-program/index.html
- Email: wellbeing@northwestern.edu
- Phone: 888-881-5462

VESSA Leave

Leave for victims of domestic violence, dating violence, sexual assault, or stalking, or having a family or household member who is a victim of domestic or sexual violence.

- Website: https://www.northwestern.edu/hr/benefits/leaves-holidays/leaves-of-absence/illinois-victims-economic-security-and-safety-act-vessa-leave.html

Live To Learn

Digital mental health program in partnership with BCBSIL (must be part of the PPO plan to access)

- Learn more: https://www.northwestern.edu/hr/documents/benefits/l2l.pdf

Available to faculty

Faculty Wellness Program

- Website: https://www.northwestern.edu/hr/benefits/well-being/programs/faculty-wellness-program.html

Administrator on call (also known as Dean on call)

- Website: https://www.northwestern.edu/nuhelp/get-help/dean-on-call.html
- Phone: 847-491-8430 (Mon-Thu: 5pm-8:30am, Fri-Mon: 5:30pm-8:30am), 847-467-3022 (after hours)

Available to students

Counseling and Physiological Services (CAPS)

Northwestern

- Website: https://www.northwestern.edu/counseling/
- Phone: 847-491-3741

CAPS Crisis Support

- Faculty, staff, and administration may consult with CAPS staff about a student who may be in crisis. Call (847) 491-2151 and ask for the counselor on-call.
- CAPS support after hours (before 8am & after 5pm): (847) 491-2151 and press “0” at the prompt.
- Non-life threatening, 8am-5pm: (847) 491-2151

Administrator on call (also known as Dean on call)

- Website: https://www.northwestern.edu/nuhelp/get-help/dean-on-call.html
- Phone: 847-491-8430 (Mon-Thu: 5pm-8:30am, Fri-Mon: 5:30pm-8:30am), 847-467-3022 (after hours)

Center for Awareness, Response & Education (CARE)

- Website: https://www.northwestern.edu/care/
- Phone: 847-491-2054

Timely Care 24/7 online Mental Health and Wellbeing Platform:

- Website: https://www.northwestern.edu/studentaffairs/timelycare.html

Wellness at Northwestern: https://www.northwestern.edu/wellness/hpaw/

Health Promotion and Wellness (HPaW): https://www.northwestern.edu/wellness/hpaw/

Student Assistance and Support Services (SASS):
https://www.northwestern.edu/studentaffairs/sass/about-us/index.html

NU Help: https://www.northwestern.edu/nuhelp

eCheckup To Go
The Alcohol eCheckUp To Go and the Cannabis eCheckUp To Go are interactive web surveys that allow students to enter information about their drinking or drug use patterns and receive personalized feedback about their use.

- Website:https://www.northwestern.edu/wellness/hpaw/services/individual-services/e-check-up-to-go.html

BASICS: Alcohol and drug screening and intervention for college students

- Website: https://www.northwestern.edu/wellness/hpaw/services/individual-services/basics.html
- Phone: 847-491-2146
- Email: hpaw@northwestern.edu

Prescription Drug Abuse Prevention Program

Northwestern

- Website: https://www.northwestern.edu/wellness/hpaw/services/individual-services/prescription-drug-abuse-prevention-course.html

Alcohol and Other Drug Resources: http://www.northwestern.edu/alcohol-resources

What to do in an alcohol emergency?: https://www.northwestern.edu/aodresources/resources-support/what-to-do-in-an-alcohol-emergency.html

Amnesty through Responsible Action Policy
The Amnesty through Responsible Action protocol offers Amnesty (defined as withholding disciplinary sanctions for alcohol-related policy violation(s) to students who call (or for whom another student called) for medical assistance due to alcohol consumption or other drug use.

- Website: https://www.northwestern.edu/communitystandards/student-handbook/amnesty-through-responsible-action.html

Accessible NU

- Website: https://www.northwestern.edu/accessiblenu/
- Phone: 847-467-5530