



Mental Health Resources for **Students**

Suicide Prevention Lifeline

Call: (800)-273-8255

The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. We're committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness.

Trevor Project (LGBT)

Call: (866)-488-7386

Or

Text: START to 678-678

Our trained counselors are here to support you 24/7. If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk.

TrevorText is a confidential and secure resource that provides live help for LGBTQ youth with a trained specialist, over text messages.

Crisis Text Line

Text: HOME to 741741

Crisis Text Line is here for any crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.



SAMHSA's National Helpline -

1-800-662-HELP (4357)

SAMHSA's National Helpline, 1-800-662-HELP (4357), (also known as the Treatment Referral Routing Service) or TTY: 1-800-487-4889 is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.

National Eating Disorder Association

Chat

Monday-Thursday 9am-9pm ET, Friday 9am-5pm ET

Call (800) 931 2237

Monday-Thursday 11am-9pm ET, Friday 11am-5pm ET

Text (800) 931 2237

Monday-Thursday 3pm-6pm *Standard text messaging rates may apply*

The LGBT National Help Center

Call (888) 843 4564

Providing confidential peer-support, information, and local resources and more to calls of all ages
(youth & adults)

The LGBT National Youth Talkline

Call (800) 246 7743

Providing young people confidential peer-support, information, and local resources and more, for
calls through age 25

Trans Lifeline

Call (877) 565 8860

10am-4am EST

Trans Lifeline is a trans-led organization that connects trans people to the community, support,
and resources they need to survive and thrive



Disaster Distress Helpline

Call 1(800) 985 5990

Or

Text “TalkWithUs” to 66746

The disaster distress helpline provides immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. The helpline is free, multilingual, confidential, and available 24 hours a day, seven days a week.

Emergency Services Program/Mobile Crisis Intervention (ESP/MCI)

Call 1 (877) 382 1609

24 hours a day, 7 days a week, 365 days a year.

If you or a family member are experiencing a mental health or substance use disorder crisis, anyone may contact ESP/MCI for assistance.

National Alliance on Mental Illness HelpLine

Call 1 (800) 950 6264

Monday - Friday 10am-6pm EST

The NAMI HelpLine is a free, nationwide peer-support service providing information, resource referrals and support to people living with a mental health conditions, their family members and caregivers, mental health providers and the public. HelpLine staff and volunteers are experienced, well-trained and able to provide guidance.

The Peer WarmLine

Call (877) 733 7563

Monday-Sunday 4pm-7:45pm EST

A warmline is a peer-run listening line staffed by people in mental health recovery themselves



National Institute of Mental Health (NIMH)

Call (866) 615 6464

Monday-Friday 8:30am-5pm EST

This organization has a variety of methods for you to communicate with knowledgeable people about mental health issues. In addition to the phone line, there is a live online chat option.

Youthline

Call (877) 968 8491

Or

Text 839863

24 Hours All Day Everyday

YouthLine is a free, confidential teen-to-teen crisis and help line. Contact us with anything that may be bothering you. No problem is too big or too small for the YouthLine.

Samaritans Statewide Helpline

Call 1-877-870-4673

The Samaritans Statewide Helpline is available to anyone in Massachusetts who is in need of emotional support. Anyone can call or text the helpline to receive help from specially trained volunteers.

Advocates

Call 508-628-6300

Advocates champions people who face developmental, mental health or other life challenges. At Advocates, they believe that people in mental health recovery are the foremost experts on their own lives. They strive to help people harness this expertise to live healthy and fulfilling lives.

Apogee Mental Health

Call 508-797-0537

Apogee strives to provide outpatient counseling for adults. They offer some medical services for free, as well as emergency mental health services for people between 0 and 20 years of age. They have many different locations in Massachusetts

You must be 21 years of age or older for this service normally



Arbour Counseling Services

Call 508-799-0688

In Worcester Massachusetts. Provides outpatient and family services, in-home therapy, crisis intervention, partial hospitalization and inpatient treatment. Also has an adolescent partial hospitalization program for teens aged 13 to 18. Crisis Voicemail/24 Hour Support. Referral: (855)-575-2273.

Center Tree Counseling

Call 508-731-9006

Individual, family, and group counseling with specialties in Substance Use Disorders, trauma, depression, anxiety and ADHD. Located in Rutland, MA and Spencer, MA

Community Healthlink

Visit www.communityhealthlink.org

Emergency service in Worcester County 1-800-877-5555

Through UMassMemorial. Helps adults, children and families recover from the effects of mental illness, substance use and homelessness. Provides early intervention, intensive care coordination and family support, and helps people of all ages with mental illness regain their health and dignity.

Counseling & Assessment Clinic of Worcester

Call 508-756-5400

Individual, adolescent, group and family counseling, therapeutic mentoring, in-home therapy, in-home behavioral therapy, substance abuse counseling. Locations in Worcester, and 2 in Fitchburg, MA.

Multicultural Wellness Center

Call 508-752-4665

Multicultural Wellness Center is culturally-centered counseling for African American, Caribbean, Latino and Biracial people. They have multiple languages available, individual, group, and family therapy, psychiatric services, specialties in EMDR, trauma and substance use disorders.



UMass Memorial Medical Center

Call 508-334-1000

Many different services offered for depression, neuropsychiatry, trauma and child protection programs. UMMMC Emergency Mental Health 24 hour psychiatric emergency services: 866-549-2142 OR 508-334-3562.

Worcester Pastoral Counseling Center

Call 508-757-0376

Outpatient counseling for individuals, couples and families of all ages including grief and loss, alcohol and substance abuse, trauma, PTSD, divorce, eating disorders, support groups to caregivers, single parenting, parenting teens and more.

Y.O.U. Inc.

Call 508-849-5600

Counseling for children through adults and families, group therapy, adolescent substance abuse, psychological testing, in-home services, sexual abuse treatment, medication evaluation and management, trauma informed and school based services. Offices in Worcester, Gardner, and Southbridge, MA.

Assumption Counseling Services

Visit the Patient Wellness Portal or

Call 508-767-7329

Assumption University's Wellness Center encompasses Health Services and Counseling Services, providing full-time services to accommodate students' needs. Services offered by Student Health Services (SHS) are covered by undergraduate tuition and you do not need to purchase the school health insurance plan in order to receive care. Clinic visits are by appointment, and most appointments can be arranged within one business day. Appointments can be made online or by calling the office.



The Jed Foundation

Text START to 741-741

Call 1-800-273-TALK (8255)

Protecting emotional health. Preventing suicide.

Transitioning into adulthood can bring big changes and intense challenges. The Jed Foundation (JED) empowers teens and young adults with the skills and support to grow into healthy, thriving adults.

Young Men's Health

Email ymh@childrens.harvard.edu

Young Men's Health (YMH) is produced by the Division of Adolescent and Young Adult Medicine at Boston Children's Hospital. The purpose of the website is to provide carefully researched health information to teenage boys and young men.

All information is for educational purposes only. For specific medical advice, diagnoses, and treatment, consult your healthcare provider.

Alasana

24/7 Helpline: (866) 512-1770

Combining data-driven, evidence-based treatment with a fresh, compassionate approach, Alsana focuses on total health and wellness in recovery from eating disorders and related conditions. A recovery community with five locations nationwide. We provide superior and committed care to help those on their journey to a healthy and successful recovery. From the Latin roots meaning "all" or "total health," Alsana offers a new philosophy of care centered on our clients' full well-being. We address the aspects of eating disorders that often go untreated in traditional recovery programs.



Project Heal

Email at: contact@theprjectheal.org

If 80% of people with eating disorders cannot access treatment, something isn't working. Project HEAL's goal is to break down barriers to treatment to give every person a shot at recovery.

Our programs help people with eating disorders get the care they need and have been repeatedly denied.

Eating Disorder Solutions

Call 855-982-2047

Eating disorders are extremely serious and complex psychological diseases. When left untreated, an eating disorder can cause social, emotional, and physical harm. If you or a loved one have suffered from an eating disorder, there is hope for healing with the support and guidance from our eating disorder center. Eating Disorder Solutions offers personalized eating disorder treatments in Dallas, TX. We provide treatment with integrity, promoting holistic approaches that heal the mind, body, and soul. Our licensed eating disorder specialists are knowledgeable and experienced with helping individuals of all ages, genders, and stages of eating disorders. To help you achieve real, long-term recovery, we'll develop an individualized plan that addresses your needs with one of our four treatment programs.