

If any of the topics during today's discussion have impacted you and you'd like to talk about them with a mental health professional, please see the resources below. Additionally, you may also contact or meet with the discussion facilitator, Hebah Emara, Librarian for Open Innovation ([he2156@nyu.edu](mailto:he2156@nyu.edu)) privately to discuss any concerns or thoughts that come up as a result of participating in Dibner Discussions.

### **Mental Health Resources at NYU**

- **Counseling & Wellness Services**: offers individual counseling, group counseling, wellness workshops, referrals to long-term services in the community, and long-term psychiatric medication services on-site. Except for psychiatry services, all counseling services are provided at no cost.
- **NYU Student Health Center**: offers medical, counseling, health promotion, and pharmacy services and provides accessibility accommodations to students with disabilities. All matriculated students in a degree-granting program have access to the SHC, regardless of insurance.
- **NYU Wellness Exchange App**: The Wellness Exchange is your greatest mental health resource at NYU. Call the 24-hour hotline at (212) 443-9999, chat via the Wellness Exchange app anytime, make an appointment, or arrange a same-day Urgent Counseling session to speak with a certified counselor about any day-to-day challenges or health concerns, including medical issues, stress, depression, sexual assault, anxiety, alcohol or drug dependence, and eating disorders.
- **Wellfleet Behavioral Health**: Wellfleet, NYU's student insurance provider, also provides access to mental health care including psychiatry and other services outside of NYU.

### **NYC-Wide Mental Health Resources**

- **988 Crisis Services**: free, confidential crisis counseling, mental health and substance use support, information and referrals. You can reach the toll-free helpline 24 hours a day, 7 days a week by phone, text and online chat. Behavioral health professionals there can link you to the services you need.