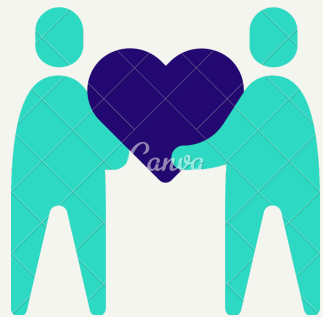


Helpful Resources

Boston

MCPHS Counseling Center

Need some support off
campus or after hours?



Emergency Services

Reach the after hours
counselor at
617-732-2837

At the start of the
voicemail, press 9

The Trevor Lifeline

24/7 Services for LGBTQ Youth
866-488-7386
www.thetrevorproject.org

988 National Suicide & Crisis Lifeline

24/7 Support Services
Dial or text 988 to talk or text with a counselor

www.988lifeline.org

National Domestic Violence Hotline

24/7 Support Services
1-800-799-7233
www.thehotline.org

Crisis Text Line

24/7 Support Services
Text "HOME" to 741741

www.crisistextline.org

Boston Area Rape Crisis Center (BARCC)

24/7 Support Services
1-800-841-8371
www.barcc.org

Online Text Chat Support

Free, anonymous + confidential
online text chat with trained listeners
www.7cupsoftea.com

Boston Emergency Service Team (BEST)

24/7 Assistance
1-800-981-HELP (4357)

MCPHS Public Safety
617-732-2900

MCPHS Counseling Center



@mcphecounseling
andwellness

Online Screenings

Free and confidential online screenings for depression, alcohol abuse, substance abuse, bipolar disorder, eating disorder, generalized anxiety and PTSD

www.tinyurl.com/mcphsscreening

Suicide Prevention

For more information for college and university students

www.jedfoundation.org/JED

Substance Abuse and Drug Addiction

www.na.org

College Mental Health Resources

www.ulifeline.org

Alcohol Addiction

www.aa.org

Eating Disorders

www.medainc.org

Relaxation Lab

Visit MCPHS Counseling Services for tips, videos, links, podcasts and apps to deal with stress and anxiety

www.tinyurl.com/relaxlab

MIT CALMLINE

Try this 2 minute relaxation practice, available 24/7 by phone

617-253-CALM (2256)

Referrals

Visit the MCPHS Counseling Services off campus referrals page to help navigate your health insurance and find a mental health provider wherever you are

www.tinyurl.com/mcphsreferrals

Find a Therapist

Search for mental health providers in your area and access hundreds of psychology articles

www.psychologytoday.com