

Helpful Resources

Need some support off campus or after hours? Here are some resources that can help!
Brought to you by Counseling Services

EMERGENCY SERVICES

**To reach the after-hours counselor,
call 603-314-1781 and press 9.**

Samaritans: 24/7 Crisis and Grief Support Services
1-877-870-HOPE (4673); imhear.org

National Suicide Prevention Hotline: 24/7 Support Services
1-800-273-TALK (8255) - Press 1 for Veteran Hotline;
suicidepreventionlifeline.org

Crisis Counseling for People of Color: 24/7 Support Services
Text STEVE to 741741; stevefund.org/crisistextline

The Trevor Lifeline: 24/7 Services for LGBTQ Youth
866-488-7386; thetrevorproject.org

The National Domestic Violence Hotline: 24/7 Support Services
1-800-799-7233; thehotline.org

Free, anonymous, and confidential, **online text chat** with trained listeners
7cupsoftea.com

Manchester Mental Health (for mental health emergencies): 603-668-4111

Elliot Hospital: One Elliot Way, Manchester, NH, 03103
603-669-5300

Catholic Medical Center: 100 McGregor Street, Manchester, NH 03102
800.437.9666

RELAXATION

MIT CALM Line: Try this 2-minute relaxation practice, available 24/7 at 617-253-CALM (2256)

Visit the MCPHS Counseling Services “**Relaxation Lab**” for tips, videos, links, podcasts, and apps to help deal with stress and anxiety: my.mcphs.edu/departments/counseling/relaxation_lab

Stop Breathe Think (online or phone app) is a simple, free tool for relaxation, meditation, and mindfulness: stopbreathethink.org

LEARN MORE

Visit the MCPHS Counseling Services **Off-Campus Referrals** page for help navigating your insurance and finding a mental health provider wherever you are: my.mcphs.edu/departments/counseling_services/off_campus_referrals

For free and confidential **online screenings** for depression, alcohol abuse, substance abuse, bipolar disorder, eating disorder, generalized anxiety, PTSD, and signs of suicide: screening.mentalhealthscreening.org/MCPHS

For more information, education, and support regarding **trauma**: reactonline.loyola.edu/online

“**Promoting emotional health and preventing suicide**” for college and university students: jedfoundation.org/JED

Mental health resources for college and university students: lifeline.org

For information and support regarding **alcohol addiction**: aa.org

For information and support regarding **substance abuse and drug addiction**: na.org

To learn more about **eating disorders**: medainc.org

To **find therapists** in your area, learn more about **mental health**, and access hundreds of **psychology articles**: psychologytoday.com