

# 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 **617-732-2837** and press **9**.

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

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

**Crisis Counseling for People of Color:** 24/7 Support Services  
Text STEVE to 741741; [stevfund.org/crisistextline](http://stevfund.org/crisistextline)

**The Trevor Lifeline:** 24/7 Services for LGBTQ Youth  
866-488-7386; [thetrevorproject.org](http://thetrevorproject.org)

**The National Domestic Violence Hotline:** 24/7 Support Services  
1-800-799-7233; [thehotline.org](http://thehotline.org)

Free, anonymous, and confidential, **online text chat** with trained listeners  
[7cupsoftea.com](http://7cupsoftea.com)

**MCPHS Public Safety:** 617-732-2837

**Boston Emergency Service Team (BEST):** 24/7 Assistance  
1-800-981-HELP (4357)

**Boston Area Rape Crisis Center (BARCC):** 24/7 Support Services  
800-841-8371; [barcc.org](http://barcc.org)

## 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](https://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](https://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](https://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](https://screening.mentalhealthscreening.org/MCPHS)

For more information, education, and support regarding **trauma**: [reactonline.loyola.edu/online](https://reactonline.loyola.edu/online)

“**Promoting emotional health and preventing suicide**” for college and university students: [jedfoundation.org/JED](https://jedfoundation.org/JED)

**Mental health resources** for college and university students: [lifeline.org](https://lifeline.org)

For information and support regarding **alcohol addiction**: [aa.org](https://aa.org)

For information and support regarding **substance abuse and drug addiction**: [na.org](https://na.org)

To learn more about **eating disorders**: [medainc.org](https://medainc.org)

To **find therapists** in your area, learn more about **mental health**, and access hundreds of **psychology articles**: [psychologytoday.com](https://psychologytoday.com)