

## BPH Student Resources for Supporting Mental Health at Harvard

**For immediate help with advice and treatment for urgent health problems, both physical and emotional, that require prompt attention but are not life-threatening emergencies:** call Harvard University Health Services urgent care line at 617-495-5711. If a problem seems life-threatening, please call 911 immediately.

**For urgent mental health concerns, whether you are in immediate distress or not, on-campus or elsewhere-- or if you just need to talk to someone about a difficult challenge you're facing:** call CAMHS Cares 24/7 support line at 617-495-2042. Open 24/7, 365 days per year.

**To report an incident of sexual assault/harassment, domestic violence, or stalking:** call OGE's SHARE 24/7 confidential hotline: 617-495- 9100 (this line is forwarded to the Boston Area Rape Crisis Center during the summer months). For all non-urgent matters, please contact the SHARE main line at (617) 496-5636 or email [oge\\_share@harvard.edu](mailto:oge_share@harvard.edu).

### \*\*\*KEY CONTACT\*\*\*:

**For help navigating the best Harvard resource(s) for your situation, and to help strategize and problem solve:** contact **Katie Mulroy**, Harvard Griffin GSAS Director of Student Services. Make an appointment now: <https://gsasstuserv.youcanbookme.com/>, call: 617-495-5005, or email: [stuserv@fas.harvard.edu](mailto:stuserv@fas.harvard.edu).

**For any Title IX–related concerns**, please contact **Seth Avakian** or Katie Mulroy, who are both Title IX resource coordinators for Harvard Griffin GSAS students. Students may also seek support for Title IX–related concerns from the [Office for Gender Equity \(OGE\)](#) and the [SHARE](#) confidential hotline.

### **Counseling w/in Harvard via Counseling and Mental Health Services (CAMHS)**

- For students new to therapy *or* continuing. Clinicians do sessions in-person at Smith Center and also a satellite office in Longwood area/Vanderbilt Hall or via Zoom. Smith Center open Monday through Friday, 8am to 6pm.
- For immediate support anytime, call **CAMHS Cares 24/7 support line: (617) 495 2042**
- In-person Urgent Care is available during business hours (8am to 6pm Monday through Thursday and 8am to 5pm Friday)
- Use the [patient portal](#) to schedule an initial consultation or call 617-495-2042 to book follow-up. For same-day or urgent care appointments, call 617-495-5711.

### **Counseling Outside Harvard (telehealth sessions) via TimelyCare virtual health and wellbeing platform**

- Offers 12 free telehealth counseling sessions per academic year without referral from CAMHS
- 24/7/365 service via their app
- Also offer psychiatry care, health coaching, self-care content and peer support communities
- Provide unlimited health coaching with certified health coach to address concerns with stress management, healthy eating, exercise, illness management, sleep issues, and substance abuse

### **Other resources to find mental health care outside of Harvard (in-person or virtual)**

Students may seek out or be referred to mental health providers off-campus for a variety of reasons. These may include wanting long-term therapy/treatment or seeking a particular specialization or approach. Students can schedule an initial consultation at CAMHS to help identify the most appropriate services and care for their specific needs

- [Resources for Finding a Community Therapist](#)
- [Tips for Finding a Therapist Away from Campus](#)
- Use [ThrivingCampus](#) to search for a Community Therapist
- [Resources for Students Living Internationally](#)

### **Support Groups and Group Workshops (in-person and online via CAMHS)**

- Confidential, led by a counselor, in Cambridge, some in Longwood
- Broad range of topics

### **HU Ombuds Office** and **Longwood Ombuds Office**

- Confidential, independent, informal
- Help clarify concerns, identify goals, and consider options in managing or resolving situations
- The Ombuds Office is closed for in person appointments until further notice and will schedule confidential phone and Zoom appointments for those who want to discuss any issues affecting their work or studies.

### **Office for Gender Equity (OGE)** – *(new as of July 2021, and is a merger between the University's Title IX Office and Office for Sexual Assault Prevention and Response)*

- Support for sexual assault or harassment
- [Overview of the resources](#) to help prevent and respond to sexual harassment and other sexual misconduct at Harvard.
- Connect with a [Harvard Griffin GSAS Title IX Resource Coordinator](#) and find other resources

### **Harvard Chaplains**

- Confidential; Represent diverse religious, spiritual, and ethical traditions
- can e-mail for general inquiries: [chaplains@harvard.edu](mailto:chaplains@harvard.edu) or call: (617) 879-8365

### **Harvard Griffin GSAS Office of Equity, Diversity, Inclusion & Belonging (OEDIB)**

*(formerly Office of Diversity and Minority Affairs)*

- With a mission of promoting an environment of inclusivity, their office serves the needs of the community through social, professional development and academic activities, and advising.
- can [email](#) the team to set up an appointment

### **Anonymous Reporting Hotline**

- Operates 24 hours a day, seven days a week, and is run by an independent, third-party provider
- The Hotline is meant for reporting of issues in situations where you don't feel comfortable speaking with a supervisor or other school resource
- There are two ways to report: toll-free by calling **1-877-694-2275** or you can [submit a report online](#).

***For a full list of Harvard Griffin GSAS student resources, please refer to: <https://gsas.harvard.edu/student-life/resources>***