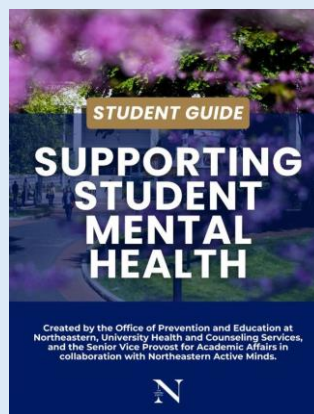


# Northeastern University Mental Health Resources for Students

**You are not alone.  
Reach out to university partners  
across the network for support.**



*Mental health guides  
available on the  
UHCS website!*

*<https://www.flipsnack.com/CF5C7988B7A/student-mental-health-guide-2022/full-view.html>*

## *Resources Available to all students in the Global University System*

### **WeCare**

617-373-7591

[wecare@northeastern.edu](mailto:wecare@northeastern.edu)

[we-care.studentlife.northeastern.edu](http://we-care.studentlife.northeastern.edu)

### **Disability Access Services**

617-373-2675

[disabilityaccessservices.sites.northeastern.edu](http://disabilityaccessservices.sites.northeastern.edu)

### **Center for Spirituality, Dialogue, and Service**

617-373-2728

[csds@northeastern.edu](mailto:csds@northeastern.edu)

[spirituallife.northeastern.edu](http://spirituallife.northeastern.edu)

### **Office of Prevention and Education at**

#### **Northeastern\***

617-373-4459

[open@northeastern.edu](mailto:open@northeastern.edu)

[open.northeastern.edu](http://open.northeastern.edu)

Alcohol and Other Drug Services\*

Sexual Violence Resource Center\*

Confidential Resources Advising Services\*

### **Office for University Equity and Compliance**

[ouec@northeastern.edu](mailto:ouec@northeastern.edu)

[ouec.northeastern.edu](http://ouec.northeastern.edu)

### **Northeastern's Global Safety and Support Network**

+1 857-214-5332

### **Find@Northeastern\***

<https://uhcs.northeastern.edu/counseling-services/find-at-northeastern/>  
24/7 urgent mental health support,  
Unlimited free counseling sessions,  
Headspace, and Togetherall

### **Office of the Graduate Ombudsperson\***

617-373-6904 (office)

617-545-7989 (cell)

[graduateombuds@northeastern.edu](mailto:graduateombuds@northeastern.edu)

Confidential, neutral, and informal resource for  
graduate students seeking to address concerns  
that may be impacting their studies.

### **Togetherall**

Safe and anonymous online community

<https://account.v2.togetherall.com/register/student>

*\*Indicates a confidential resource. Confidential staff do not have an obligation to report disclosures of sexual violence to the Office for University Equity and Compliance.*

## *Boston-based Resources*

### **University Health and Counseling Services**

**(UHCS)\***

617-373-2772

[uhcs.northeastern.edu](http://uhcs.northeastern.edu)

### **Northeastern University Police Department**

Emergency: 617-373-3333

Non-emergency: 617-373-2121

### **Wellness Days Pilot Program**

[wellnessdays.studentlife.northeastern.edu](http://wellnessdays.studentlife.northeastern.edu)

Allow students an opportunity to be absent from a day of classes for any reason.

## *Oakland-based Resources*

### **Counseling and Psychological Services\***

510-430-2111

[oakland-counseling@northeastern.edu](mailto:oakland-counseling@northeastern.edu)

[oakland.northeastern.edu/student-resources/health-and-wellness/counseling-and-psychological-services/](http://oakland.northeastern.edu/student-resources/health-and-wellness/counseling-and-psychological-services/)

### **Care Team/Care Manager**

[oaklandsupport@northeastern.edu](mailto:oaklandsupport@northeastern.edu)

### **Department of Public Safety (DPS)**

Emergency: 510-430-3333

Non-emergency: 510-430-5555

## *London-based Resources*

### **Student Support and Development Team**

[studentsupport@nulondon.ac.uk](mailto:studentsupport@nulondon.ac.uk)

### **Mental Health Advisors**

[studentsupport@nulondon.ac.uk](mailto:studentsupport@nulondon.ac.uk)

### **Support for Students with Medical Conditions,**

**Disabilities and SpLDs**

[disability@nulondon.ac.uk](mailto:disability@nulondon.ac.uk)

### **Sexual Violence Liaison Officers (SVLOs)**

[svlo@nulondon.ac.uk](mailto:svlo@nulondon.ac.uk)

### **Spectrum Life**

<https://nulondonsap.spectrum.life/login?org=NULONSAP>

Organization code: NULONSAP

*\*Indicates a confidential resource. Confidential staff do not have an obligation to report disclosures of sexual violence to the Office for University Equity and Compliance.*

## *Additional Resources*

### **Call 988**

The Suicide & Crisis Lifeline  
24/7 access  
United States and Canada

### **Crisis Text Line**

24/7 texting support with a Crisis Counselor  
U.S. and Canada: Text HOME to 741741  
U.K.: Text HOME to 85258  
Ireland: Text HOME to 086 1800 280

### **The Trevor Project**

24/7 crisis intervention and support hotline  
for LGBTQ+ youth  
thetrevorproject.org  
1 866-488-7386  
Text START to 678678 (U.S. Only)

### **Trans Lifeline**

Free trans-led hotline  
Mondays-Fridays 1:00pm-9:00pm ET  
translifeline.org  
U.S.: 877-565-8860  
Canada: 877-330-6366

### **The National Center for Post-Traumatic Stress Disorder (PTSD)**

[ptsd.va.gov/apps/ptsdcoachonline](https://ptsd.va.gov/apps/ptsdcoachonline)

### **National Eating Disorders Association**

[nationaleatingdisorders.org/resource-center/](https://nationaleatingdisorders.org/resource-center/)  
800-931-2237  
Text NEDA to 741741

### **National Eating Disorder Information Centre (NEDIC)**

[nedic.ca](https://nedic.ca)  
[nedic@uhn.ca](mailto:nedic@uhn.ca)  
1 866-NEDIC-20 (Toll-free)

### **Government of Canada**

**Mental Health Resources**  
[canada.ca/en/public-health/campaigns](https://canada.ca/en/public-health/campaigns)

