

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 365 days per year, 24/7.

To report an incident of sexual assault or harassment: call OGE's 24/7 confidential crisis hotline: 617-495-9100, or email at oge@harvard.edu

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

For help navigating the best Harvard resource(s) for your situation, strategize and help you problem-solve: contact Danielle Farrell at the GSAS Office of Student Services (Make an appointment: <https://gsasstuserv.youcanbookme.com/>, call: 617-495-5005, or email: stuserv@fas.harvard.edu)

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

- For students new to therapy or continuing. Clinicians are providing treatment in-person (Smith Center and also have satellite office in Longwood at Vanderbilt Hall) and via Zoom, Monday through Friday, 8am to 6:00pm.
- After 6:00pm Monday - Friday and over the weekend OR for immediate support anytime, call:

CAMHS Cares 24/7 support line: (617) 495 2042

- In-person Urgent Care is available 24/7 at Smith Campus Center
- Use the [patient portal](#) to schedule an Initial Consultation or call 617-495-2042 to book follow-up, same-day or urgent care appointments

Counseling Outside Harvard (In-Person or Online)

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 [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 or call: (617) 879-8365

GSAS 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 resource
- There are two ways to report: toll-free by calling 877- 694-2275 or you can [submit a report online.](#)