Mental Health and Substance Use Resources – Yale, local, national

Yale Resources for faculty and staff:

Optum – Yale’s EAP Wellness Benefit provides eligible staff, faculty, post-doctoral associates, and their household members up to six free confidential counseling sessions—24 hours a day, 7 days a week. Talkspace and Sanvello app also available. New onsite counseling available T/W/Th. (866-416-6586)

https://your.yale.edu/work-yale/benefits/yale-signature-benefits

Yale University – OPTUM Employee Assistance Program – Alcohol Use Education Courses and Articles

QPR Institute for Suicide Prevention: Question, Persuade, Refer program available through Optum.

Magellan - Magellan Support Services (1-800-327-9240) behavioral health assistance for Yale Health members.

Yale Resources for Students:

Mental Health and Counseling, Yale Health: 203-432-0290 (for students, 8:30 AM – 5:00 PM)

Yale Health Urgent Care: 203-432-0123 (for students after hours, will contact MH clinician on call, 24/7)

Walden Peer Counseling: 203-432-8255 (undergraduate students, non-clinician support)
https://walden.sites.yale.edu/

Yale College Community Care (YC3) https://yalecollege.yale.edu/getting-help/yale-college-community-care

Yale College AODHRI Online Alcohol Education Program for students

Chaplains’ office - https://chaplain.yale.edu/

Yale Resources for all:

SHARE Center (Sexual Harassment and Assault Response and Education) 203-432-2000 (all members of Yale community, 24/7) https://sharecenter.yale.edu/

Yale Police Department – 911 or for non-emergencies 203-432-4400 (as of Feb. 2022, all current YPD officers have received crisis response training from the National Alliance for Mental Health (NAMI).

https://your.yale.edu/community/public-safety/yale-police-department

Local Community CT Resources:

Dial 211 - 2-1-1 connects callers, at no cost, to critical health and human services in their community.
https://uwc.211ct.org/categorysearch/mental-health/

Connecticut Mental Health Center: 203-974-7735 (9 AM – 7PM), 203-974-7300 (7 PM – 9 AM)


Substance Abuse (CT): 1-800-563-4086

www.preventsuidec.org

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State and National Hotlines or Resources:


National Suicide Prevention Lifeline: 1-800-273-TALK (8255) Suicidepreventionlifeline.org

National Disaster Distress Helpline: 1-800-985-5990 (24/7)

Crisis Text Line: Text “ACT” to 741741

For immediate medical emergencies, dial 911 or go to nearest Emergency Medical Department

Domestic Violence Services: 1-888-774-2900, or for New Haven area, through BHcare: 203-789-8104

The Trevor Lifeline (especially for LGBTQ youth) 1-866-488-7386 (24/7)

QPR Institute for Suicide Prevention: Question, Persuade, Refer https://qprinstitute.com/

National Substance Use/Abuse Resources:

Substance Abuse and Mental Health Services Administration: https://findtreatment.samhsa.gov/, or call SAMHSA’s National Helpline: 1-800-662 HELP (4357). Learn about recovery, rehab and treatment centers at www.recovery.org

Alcoholics Anonymous (AA) meetings: https://ct-aa.org/ (many meetings are now held online but some still are in-person following state guidelines)

Yale Health hosts several AA meetings (currently online) https://ct-aa.org/locations/yale-health-services/?tsml-day=any&tsml-query=zoom&tsml-district=district-04

Narcotics Anonymous (NA) meetings: https://ctna.org/find-a-meeting/

Al-Anon meetings: support group for family members affected by someone else’s substance use https://www.ctalanon.org/meetings/meetings-by-town (Yale Health meeting now on Zoom, Saturdays, 10:30 AM)


Warm Lines: Warm Lines are staffed by peers, someone who understands because they have been there too. They have been trained to help with non-life threatening issues. They are a kind, listening ear when you need to talk. https://portal.ct.gov/DMHAS/Programs-and-Services/Advocacy/Warm-Lines

Community Warm Line through BHcare: 203-732-2004 (6 PM – 10 PM weekdays, 11PM weekends)

Common Thread Warm Line through River Valley Services: 1-800-316-9145 (5PM – 10PM, 7 days)

Sage Harbor Warm Line through CT Mental Health Center: 1-800-258-1528 (5PM – 9PM, 7 days)

Other resources:

13 Mental Health Resources That Are Absolutely Free

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Now Matters Now – app-based skills and support for coping with suicidal thoughts