

## **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)

*BHcare*: 203-736-2601 <https://bhcare.org/>

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

[www.preventsuidect.org](http://www.preventsuidect.org)

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### **State and National Hotlines or Resources:**

*National Alliance on Mental Illness (NAMI):* 1-800-215-3021 <https://namict.org/>

*National Suicide Prevention Lifeline:* 1-800-273-TALK (8255) [Suicidepreventionlifeline.org](https://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](http://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)

**Overdose Education and Naloxone Distribution Program** <https://portal.ct.gov/DPH/Health-Education-Management--Surveillance/The-Office-of-Injury-Prevention/Overdose-Education-and-Naloxone-Distribution-Program>

**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