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](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](https://www.magellancare.com/) (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/](https://walden.sites.yale.edu/)

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

*Yale College* [AODHRI Online Alcohol Education Program for students](https://aodhri.yale.edu/)

*Chaplains’ office* - [https://chaplain.yale.edu/](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/](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](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://uwcs.211ct.org/categorysearch/mental-health/](https://uwcs.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/](https://bhcare.org/)

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

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

8.2020, 3.2021, 7.2022 /DC
Mental Health and Substance Use Resources – Yale, local, national

State and National Hotlines or Resources:


National Suicide Prevention Lifeline: 988 https://988lifeline.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)
Mental Health and Substance Use Resources – Yale, local, national

Other resources:

https://www.helpyourselfhelpothers.org/ - Anonymous depression screening tool
https://dontcallthepolice.com/ - non-law enforcement options available in some cities

13 Mental Health Resources That Are Absolutely Free

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

S.A.F.E. Alternatives (Self-Abuse Finally Ends) selfinjury.com or information line at 1-800-DON’T-CUT (366-8288).