LEARN MORE ABOUT MENTAL HEALTH & WELLNESS

- Wellesley College Office of Student Wellness
- National Alliance on Mental Illness
- The Steve Fund: dedicated to the mental health and emotional well-being of BIPOC students
- JED Foundation: protect emotional health & prevent suicide
- International LGBTQI Youth & Student Org
- Project LETS: Race & Mental Health LetsEraseTheStigma
- Therapy for Black Girls

HOW TO FIND A MENTAL HEALTH PROVIDER

- **Primary Care Provider**: ask your PCP for a behavioral health referral during your next visit/check-up
- **Health Insurance Company**: visit insurance website or call the customer service number on the back of your insurance card to find an in-network provider. Click here to learn insurance 101
  - ONLY for International students with Wellesley Student Insurance: search for providers outside of the U.S. by visiting [www.bcbsglobalcore.com](http://www.bcbsglobalcore.com) (type “XXP” in the search engine) or by calling 1-800-810-BLUE (2583) for list of participating providers
- **Online Directory**: select your criteria (e.g. insurance, expertise, provider demographics, treatment approach), obtain the list of providers, then contact provider
  - Thriving Campus
  - Psychology Today
  - Inclusive Therapists
  - Therapy for QPOC
  - Ayana Therapy
  - Open Path Collective
  - Better Health
- **Matchmaking Services**
  - Nationwide: Therapy Matcher
  - Massachusetts: William James College’s Interface Referral Service
  - NAMI: local resources (programs, support groups, referral services) across the U.S.
  - SAMHSA Treatment Referral Hotline: 1.877.726.4727

CRISIS TEXTING SERVICES

- **Crisis Text Line** (U.S. & Canada)
  - Text CONNECT to 741741
    - UK: Text HOME to 85258
    - Ireland: Text HOME to 50808
  - Text STEVE to 741741 to access a culturally trained counselor
  - Text SALAM to 741741 for Muslim crisis text line
- **Trevor Project LGBTQ+**
  - Text START to 678678 or Chat (U.S)
  - Trevor Space (Global Community)

EMERGENCY HOTLINES

- National Suicide Prevention Hotline: 1.800.273.8255
- International Suicide Hotlines (by country in link)
- Trans LifeLine: 1.877.565.8860
- LGBTQ Youth TalkLine: 1.800.246.7743
- Trevor Project LGBTQ+: 1.866.488.7386
- Asian LifeNet Hotline: 1.877.990.8585
- Nisa Helpline for Muslim Womxn: 1.888.315.6472