

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 (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: WilliamJames 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

