

# Yale Graduate School of Arts and Sciences

## STUDENT MENTAL HEALTH

Your mental health and well-being matters and there are many resources available at Yale to support you. You can find detailed information on the Yale Well website: [yalewell.yale.edu](http://yalewell.yale.edu).

If you are struggling or concerned about a friend's well-being, please do not hesitate to reach out for help. Visit [yalehealth.yale.edu/directory/departments/mental-health-counseling](http://yalehealth.yale.edu/directory/departments/mental-health-counseling).

For questions about the following resources, please contact Richard Sleight, Associate Dean for Student Advising and Academic Support at the Graduate School at [richard.sleight@yale.edu](mailto:richard.sleight@yale.edu).

**Yale Mental Health & Counseling (YMH&C) offers free, anonymous and confidential online screenings to all members of the Yale community. Visit [screening.mentalhealthscreening.org/YALE](http://screening.mentalhealthscreening.org/YALE).**

IF YOU HAVE <b>ANY</b> OF THESE FOLLOWING CONCERNS...	...CONSIDER THESE RESOURCES
<p>You are socially withdrawn.</p> <p>It is challenging to attend classes and keep up with your academic obligations.</p> <p>Friends or family have noticed a change in your appearance or hygiene.</p> <p>You have difficulty concentrating.</p> <p>People around you are expressing concern about your well-being.</p> <p>You find yourself acting recklessly or irrationally.</p> <p>You are struggling with severe anxiety, racing thoughts or acute agitation.</p> <p>You have persistent trouble sleeping.</p> <p>You are using drugs or alcohol.</p> <p>You feel trapped or helpless.</p> <p>You are preoccupied with death or suicide.</p>	<ul style="list-style-type: none"> <li>○ Call YMH&amp;C <a href="http://yalehealth.yale.edu/directory/departments/mental-health-counseling">yalehealth.yale.edu/directory/departments/mental-health-counseling</a> at (203) 432-0290 to make an appointment or go directly to the 3rd floor of 55 Lock Street. <b>Counselors maintain strict standards of confidentiality.</b> <ul style="list-style-type: none"> <li>• You may be referred to an outside clinician via Magellan Health Services. For questions about your coverage, please contact Whitney Randall at <a href="mailto:whitney.randall@yale.edu">whitney.randall@yale.edu</a>.</li> </ul> </li> <li>○ Reach out to a trusted <b>friend, mentor, or chaplain</b> for support.           <ul style="list-style-type: none"> <li>• Chaplains at Yale represent a variety of religious traditions and offer counsel to everyone, even if you do not identify with a particular spiritual practice. For more information about chaplaincy services, visit: <a href="http://chaplain.yale.edu">chaplain.yale.edu</a>.</li> </ul> </li> <li>○ If your mental health is affecting your academic or teaching obligations, reach out to your Director of Graduate Studies, or to Richard Sleight at <a href="mailto:richard.sleight@yale.edu">richard.sleight@yale.edu</a>.</li> <li>○ If you think you may have a problem with substance abuse, reach out to Maury Steigman, Yale Health Substance Abuse Counselor for graduate students at (203) 432-7366.</li> </ul>
<p>You are thinking of harming yourself or others.</p>	<ul style="list-style-type: none"> <li>○ Immediately call the 24/7 YMH&amp;C on-call therapist at (203) 432-0290 during the day or (203) 432-0123 after hours.</li> <li>○ If you feel unsafe and would like help to come to you, call the Yale Police Department at (203) 432-4400.</li> </ul>

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## RESOURCES RELATING TO SEXUAL HARASSMENT OR SEXUAL MISCONDUCT

Yale is committed to combating sexual harassment and sexual misconduct. If you experience or witness sex- or gender-based discrimination or harassment, please reach out for help.

For questions or advice please contact:

Michelle Nearon, Senior Associate Dean for Graduate Student Development and Diversity [michelle.nearon@yale.edu](mailto:michelle.nearon@yale.edu)

To read more about Yale's sexual misconduct policies, definitions and resources visit [smr.yale.edu](http://smr.yale.edu).

Title IX Coordinators	<p>Title IX prohibits discrimination in all education programs and activities, including but not limited to, recruitment, admissions, counseling, financial assistance, athletics, and employment.</p> <p>If you have concerns about sex or gender discrimination or sexual misconduct please contact our Title IX coordinator, Michelle Nearon (contact information above).</p> <p>More information at <a href="http://provost.yale.edu/title-ix">provost.yale.edu/title-ix</a>.</p>
SHARE (Sexual Harassment and Assault Response & Education) Center	<p>Located in the Lower Level of the Yale Health Building at 55 Lock Street, SHARE offers a range of confidential and/or anonymous support services to any member of the Yale community dealing with sexual misconduct of any kind. SHARE has a new support group specifically for graduate and professional students.</p> <p>More information at <a href="http://sharecenter.yale.edu">sharecenter.yale.edu</a>.</p>
Yale Mental Health & Counseling (YMH&C)	<p>Call (203) 432-0290 to reach an on-call therapist 24/7 or make an appointment.</p> <p>Please don't hesitate to come to YMH&amp;C in person at 55 Lock Street (3rd floor).</p> <p><b>Counselors maintain strict standards of confidentiality.</b></p> <p>For more information: <a href="http://yalehealth.yale.edu/directory/departments/mental-health-counseling">yalehealth.yale.edu/directory/departments/mental-health-counseling</a></p>
Chaplain's Office	<p>Members of the Yale community can speak confidentially with Yale chaplains even if they do not identify with a particular religious practice. Chaplains represent a variety of religious traditions and viewpoints and are a great resource if you are hesitant to talk with a counselor.</p> <p>More information at <a href="http://chaplain.yale.edu">chaplain.yale.edu</a>.</p>
Yale Police Department (YPD)	<p>Call the YPD to report an incident at (203) 432-4400.</p> <p>Sgt. Cristina Reech, the Sensitive Crimes and Support Coordinator, assists victims and investigates cases of sexual violence, harassment, assault, violence against women, and other crimes of sexual misconduct.</p> <p>More information at <a href="http://your.yale.edu/community/public-safety/police/sensitive-crimes-support">your.yale.edu/community/public-safety/police/sensitive-crimes-support</a>.</p>
University-Wide Committee (UWC)	<p>The UWC is the disciplinary board that addresses claims of sexual misconduct and assists with the process of filing a formal complaint. More information at <a href="http://uwc.yale.edu">uwc.yale.edu</a>.</p>