**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.

**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).**

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<th>IF YOU HAVE ANY OF THESE FOLLOWING CONCERNS…</th>
<th>…CONSIDER THESE RESOURCES</th>
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| You are socially withdrawn. | o Call YMH&C [yalehealth.yale.edu/directory/departments/mental-health-counseling](http://yalehealth.yale.edu/directory/departments/mental-health-counseling) at (203) 432-0290 to make an appointment or go directly to the 3rd floor of 55 Lock Street. **Counselors maintain strict standards of confidentiality.**  
  • You may be referred to an outside clinician via Magellan Health Services. For questions about your coverage, please contact Whitney Randall at whitney.randall@yale.edu.  
  • Reach out to a trusted **friend, mentor, or chaplain** for support.  
  • 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: [chaplain.yale.edu](http://chaplain.yale.edu). |
| It is challenging to attend classes and keep up with your academic obligations. | o If your mental health is affecting your academic or teaching obligations, reach out to your Director of Graduate Studies, or to Richard Sleight at richard.sleight@yale.edu. |
| Friends or family have noticed a change in your appearance or hygiene. | o 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. |
| You have difficulty concentrating. | | |
| People around you are expressing concern about your well-being. | | |
| You find yourself acting recklessly or irrationally. | | |
| You are struggling with severe anxiety, racing thoughts or acute agitation. | | |
| You have persistent trouble sleeping. | | |
| You are using drugs or alcohol. | | |
| You feel trapped or helpless. | | |
| You are preoccupied with death or suicide. | | |

You are thinking of harming yourself or others. | o Immediately call the 24/7 YMH&C on-call therapist at (203) 432-0290 during the day or (203) 432-0123 after hours.  
  o If you feel unsafe and would like help to come to you, call the Yale Police Department at (203) 432-4400. |
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

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

### Title IX Coordinators
Title IX prohibits discrimination in all education programs and activities, including but not limited to, recruitment, admissions, counseling, financial assistance, athletics, and employment.

If you have concerns about sex or gender discrimination or sexual misconduct please contact our Title IX coordinator, Michelle Nearon (contact information above).

More information at [provost.yale.edu/title-ix](http://provost.yale.edu/title-ix).

### SHARE (Sexual Harassment and Assault Response & Education) Center
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.

More information at [sharecenter.yale.edu](http://sharecenter.yale.edu).

### Yale Mental Health & Counseling (YMH&C)
Call (203) 432-0290 to reach an on-call therapist 24/7 or make an appointment.

Please don’t hesitate to come to YMH&C in person at 55 Lock Street (3rd floor).

**Counselors maintain strict standards of confidentiality.**

For more information: [yalehealth.yale.edu/directory/departments/mental-health-counseling](http://yalehealth.yale.edu/directory/departments/mental-health-counseling)

### Chaplain’s Office
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.

More information at [chaplain.yale.edu](http://chaplain.yale.edu).

### Yale Police Department (YPD)
Call the YPD to report an incident at (203) 432-4400.

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.


### University-Wide Committee (UWC)
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 [uwc.yale.edu](http://uwc.yale.edu).

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