



MENTAL HEALTH REFERENCE SHEET

By the Committee on Mental Health
Revised - September 2014

Professional Counseling

ACUTE CARE
(24-Hour Emergency
Mental Health Assistance)

(203) 432-0123
Yale Health
55 Lock Street, 1st floor

The Acute Care Department is a 24-hour, seven day a week service. Ask for the mental health professional on call.

**MENTAL HEALTH
AND COUNSELING**
[\(Click HERE for more info\)](#)

(203) 432-0123
Yale Health
55 Lock Street, 3rd floor

Treatment options include individual counseling, group therapy, and medication. By appointment 2-3 days after initial contact, or the same day in an urgent situation.

**SUBSTANCE
ABUSE
COUNSELING**

(203) 432-0123
Yale Health
55 Lock Street, 3rd floor

For more information regarding program options, please contact the department directly.

**YALE CENTER
FOR ANXIETY
AND MOOD
DISORDERS**

[\(Click HERE for more info\)](#)

(203) 612-5688
405 Temple Street

Inexpensive cognitive behavioral and group therapies conducted by supervised Yale clinical psychology graduate students. Call for a 20 minute phone screen, before a longer intake appointment and assignment to a therapist.

**YALE STRESS
CENTER**

[\(Click HERE for more info\)](#)

(203) 737-3398
2 Church Street South
Suite 209

Offers a variety of individual and group therapies, specializing in integrative and evidence-based treatments. Takes private insurance but not Yale health insurance. Call to make an intake appointment and discuss appropriate options.

Other University Resources

**CHAPLAIN'S
OFFICE**
[\(Click HERE for more info\)](#)

(203) 432-1128
Bingham Hall on Old Cam-
pus Entryway D, basement

Provides education on faith-related topics and offers pastoral care. Supports religious and spiritual communities.

Other University Resources

OLD CAMPUS FELLOWS (Click HERE for more info)	Hanaa Awwad & David Lindsey	Promote the safety and welfare of Old Campus residents. Knowledgeable about campus resources and available in case of emergency.
RESOURCE OFFICE ON DISABILITIES (Click HERE for more info)	(203) 432-2325 35 Broadway, Room 222	Facilitates individual accommodations for all students with disabilities, both short-term and long-term.
SHARE Sexual Harassment and Assault Response & Education (Click HERE for more info)	(203) 432-2000 24hr Hotline Yale Health (55 Lock Street), Lower Level	Offers information, advocacy, and support dealing with any aspect of response to sexual misconduct. Counselor can accompany students to the hospital and/or to the police.
STUDENT AFFAIRS FELLOWS (Click HERE for more info)	Hanaa Awwad , David Lindsey , & Hannah Peck	Work directly with students, providing non-clinical educational services aimed at reducing the risks associated with drug and alcohol use.

Residential College Resources

RESIDENTIAL COLLEGE DEANS & MASTERS	Various: Consult your college's website for more information	Masters and Deans live in the residential colleges and can provide assistance on a wide variety of issues.
FRESHMAN COUNSELORS (FROCOS)	Click HERE for full list	FroCos are Yale College seniors who live in freshman dorms and are trained to counsel and support freshmen on a wide variety of issues.
RESIDENTIAL COLLEGE MENTAL HEALTH FELLOWS	(203) 432-0290 Yale Health 55 Lock Street, 3rd floor	Answer questions about mental health, guide students to appropriate resources, and offer specialized assistance through the residential colleges.

Peer Resources

**COMMUNICATION
AND CONSENT ED-
UCATORS (CCEs)**
[\(Click HERE for more info\)](#)

cce@yale.edu
[\(Click HERE for Full List\)](#)
Assigned by Residential
College

Undergraduates trained to promote positive sexual climate on campus and available to discuss related concerns and resources.

PEER LIAISONS
[\(Click HERE for more info\)](#)

Various
[\(Click HERE for Full List\)](#)

Upperclassmen who mentor and help connect freshmen to the programs and services of Yale's cultural and community resource centers.

**WALDEN PEER
COUNSELING**
[\(Click HERE for more info\)](#)

(203) 432-TALK
(203-432-8255)
Call 8 p.m. to 8 a.m.
Welch Hall on Old Campus,
Entryway B, room A-05
Walk-ins from 8 p.m. to 1 a.m.

Anonymous and confidential hotline and walk-in peer counseling service staffed by undergraduates. Trained to talk through any issue, large or small, and familiar with campus resources.

WOMEN'S CENTER
[\(Click HERE for more Info\)](#)

198 Elm Street
Sunday-Thursday, 4-10 PM
womens.center@yale.edu

Resource for discussion about issues around sex and gender.

Security Resources

**YALE UNIVERSITY
POLICE**
[\(Click HERE for more info\)](#)

(203) 432-4400

Call in the event of an emergency and to report theft or suspicious activity.

**YALE UNIVERSITY
SECURITY**
[\(Click HERE for more info\)](#)

(203) 785-5555

Call if you get locked out of your room, the fire alarm goes off, and similar issues.

2-WALK ESCORT

(203) 432-9255

Call if you would like to be accompanied while walking around campus.

Contact the YCC at ycc@yale.edu