



Mental Health Resources

Now more than ever, **YOUR MENTAL HEALTH MATTERS**. Covid-19 and social distancing have changed the way we learn, work, and interact with each other. This resource list is not exhaustive. Rather, it's a working crowd-sourced document.

Boston University Resources

- [Student Health Services- Behavioral Medicine](#)
- BU offers a variety of mental health resources including related to [depression](#), [Anxiety](#), [Sleep](#), [Stress](#), [Adjustment and Homesickness](#), [Alcohol](#), [Grief and Loss](#), [Attentional Issues](#), [Socio-political Stress](#)
- [BUMC Graduate Student Support Groups](#)
- [Headspace for BU Students](#)
- [SPH Wellness Coordinator](#)

Boston Resources/Organizations

- Massachusetts [211](#) – 2-1-1 is a free referral and information helpline that connects people to a wide range of health and human services, 24 hours a day, 7 days a week. To contact 2-1-1 in any state, including New York, simply dial the numbers 2-1-1 from any phone.
- [National Alliance on Mental Illness–Massachusetts](#) – The National Alliance on Mental Illness is a nationwide advocacy group, representing families and people affected by mental health disorders in the United States. The national organization is organized into state and local affiliates, of which NAMI–Massachusetts is one.

Online Resources

- [LGBT National Health Center](#)- Has an online volunteer chat room where you can anonymously speak with a trained peer volunteer about a wide range of issues and topics
- [OK2Talk](#)-This site is designed for teens and young adults with mental illness. It offers an online outlet for people to come forward with their own stories, find support, and discuss the diagnoses they may have received.



- [Friendship Line](#)- Friendship Line is the Institute on Aging's 24-hour toll-free crisis line for people aged 60 years and older, and adults living with disabilities. This nationwide hotline reaches out to lonely, depressed, isolated, frail older adults who are depressed, and who may be considering suicide.

Podcasts

- **The Happiness Lab**- Happiness can seem unattainable sometimes. This is especially true when the things you work hard to earn don't bring the happiness you expect. That's where Dr. Laurie Santos of Yale University thinks she can help.
- **Therapy for Black Girls**- Founded by clinical psychologist Joy Harden Bradford, "Therapy for Black Girls" offers mental health resources and advice for both personal and professional development for African American women and beyond.
- **Throwing Shade**- This show tackles big political and cultural issues facing women, minorities, and the LGBT community in general. Hosts Erin Gibson and Bryan Safi put these sometimes esoteric but crucial conversations firmly in the spotlight. Their aim is to leave no doubts that these issues can affect you mentally, emotionally, and personally in toxic ways.
- **Code Switch**- Talking about race, gender, ethnicity, identity, and many complex topics common in the 21st century can be exhausting and scary. It can be much harder if you don't think you have any allies.