



Helpful Resources

MCPHS Counseling Center

- **Manchester Mental Health Emergency Services**
 - After-hours counselor: **603-314-1781**
 - At the start of the voicemail, press **9**

Crisis Support Services

- **988 National Suicide & Crisis Lifeline (24/7)**
 - Call or text **988**
 - Website: [988lifeline.org](https://www.988lifeline.org)
- **Crisis Text Line (24/7)**
 - Text "**HOME**" to **741741**
 - Website: [crisistextline.org](https://www.crisistextline.org)
- **The Trevor Lifeline (LGBTQ Youth, 24/7)**
 - **866-488-7386**
 - Website: [thetrevorproject.org](https://www.thetrevorproject.org)
- **National Domestic Violence Hotline (24/7)**
 - **1-800-799-7233**
 - Website: [thehotline.org](https://www.thehotline.org)
- **Online Text Chat Support**
 - Free, anonymous, confidential chat with trained listeners
 - Website: [7cupsoftea.com](https://www.7cupsoftea.com)
- **Manchester Mental Health (for mental health emergencies)**
 - **603-668-4111**
- **Elliot Hospital**
 - **603-669-5300**
- **Catholic Medical Center**
 - **800-437-9666**
- **MCPHS Public Safety**
 - **603.314.1771**

Mental Health & Wellness Resources

- **Referrals**
 - MCPHS Counseling Services Off-Campus Referrals page
 - Website: [MCPHS Off-Campus Referrals](#)
- **Find a Therapist**
 - Search for mental health providers in your area
 - Website: [psychologytoday.com](#)
- **Online Screenings** (Free and confidential)
 - Depression, alcohol/substance abuse, bipolar disorder, eating disorders, anxiety, PTSD
 - Website: [MCPHS Online Screen Tool](#)
- **Suicide Prevention**
 - Resources for college/university students
 - Website: [jedfoundation.org/JED](#)
- **Substance Abuse & Drug Addiction**
 - Website: [na.org](#)
- **College Mental Health Resources**
 - Website: [ulifeline.org](#)
- **Eating Disorders**
 - Website: [medainc.org](#)
- **Alcohol Addiction**
 - Website: [aa.org](#)

Relaxation & Stress Management

- **Relaxation Lab**
 - MCPHS Counseling Services provides tips, videos, podcasts, and apps for stress management
 - Website: [MCPHS Relaxation Lab](#)
- **MIT CALM LINE**
 - 2-minute relaxation practice, available 24/7 by phone
 - 617-253-CALM (2256)