

Wellness Resources

On Campus

- Talk to your Primary Care Provider (PCP) at [HUHS](#)
- Check out the Student Wellbeing and Mental Health [website](#)
- Counseling and Mental Health Services ([CAMHS](#))
- Telehealth counseling through CAMHS ([TimelyCare](#))
- [SHARE](#) Counseling with the Office for Gender Equity
- [Center for Wellness and Health Promotion](#)

Created by Grad Students for Grad Students

- [Guidebook](#) for navigating healthcare
- [Psychspace](#)

Off Campus

- Find a therapist...
 - [ThrivingCampus](#)
 - [Psychology Today](#)
 - [Innopsych](#) (Therapists of Color)
 - [Zencare](#)
 - [William James College Interface Referral Service](#)
- Free and low-cost resources
 - [Smiling Mind](#)
 - [Headspace](#)
 - [Therapy Notebooks](#)
 - [Real](#)

If you are experiencing suicidal thoughts and/or do not feel that you can keep yourself safe, please call 988, chat with a [trained support specialist](#), or visit your nearest emergency department or urgent care clinic.