**Students who are having a mental-health crisis:**

**Domestic Programs**

***Students living on campus:***  During normal working hours (8 am-4:30 pm Monday through Friday), please call SDCC (508-831-5540). For after-hours crises, please call Campus Police (508-831-5555), dial 911, or go to the nearest emergency room.

***Students living off-campus:*** please dial 911 or go to the nearest emergency room.

***Students who are residing outside of Massachusetts and need mental health services are strongly encouraged to seek care locally****.*If you need assistance in finding a provider, you can contact a university or college in your area or your Primary Care Physician to ask for their list of local providers.

There are three online search engines which may also help:

* [https://wpi.thrivingcampus.com](https://wpi.thrivingcampus.com/)
* <https://openpathcollective.org/>
* <https://www.psychologytoday.com/us/therapists>

If needed, you may also email [sdcc@wpi.edu](mailto:sdcc@wpi.edu) for additional help in finding local resources.

*With thanks to the SDCC*

**International Programs**

* Call the [local emergency services](https://travel.state.gov/content/dam/students-abroad/pdfs/911_ABROAD.pdf)
* Contact [International SOS](https://www.wpi.edu/student-experience/resources/off-campus-projects/health-safety-security/travel-assistance) and access free emotional support services. Access to up to five (5) emotional support counseling sessions by phone, video-call or face-to-face. \* Availability of face-to-face counseling depends on traveler's destination and availability of English speaking counselors.
* Need someone to talk to? Connect with caring listeners for free emotional support through [7 cups.com](https://www.7cups.com/)
  + 7 Cups provides Free 24/7 Chat with volunteer listeners.
* [Preparations for Travel with Mental Health Conditions](https://www.miusa.org/resource/tipsheet/mentalhealthprep)
* [International Association for Suicide Prevention](https://www.iasp.info/resources/Crisis_Centres/)
  + Screened country specific suicide prevention resources, guides and information.

**For ALL Programs**

Choose from the Support Services Below:

* [International Suicide Hotlines](https://www.opencounseling.com/suicide-hotlines)
* [Mental Health America Screening Tool](https://screening.mhanational.org/screening-tools)
* [U.S. National Suicide Prevention Lifeline](https://suicidepreventionlifeline.org/): (800) 273-8255
  + If you or a loved one are in distress and thinking of suicide, call the National Suicide Prevention Lifeline for free and confidential 24/7 support, information, and resources. You are not alone.
* U.S. Crisis Call Center: (800) 273-8255
  + Call the Crisis Call Center or text CARE to [839863](sms:839863) for 24/7/365 crisis support. The purpose of the Crisis Call Center is to provide a safe source of support for individuals in any type of crisis.
* [Crisis Text Line](https://www.crisistextline.org/)
  + Free 24/7 support at your fingertips
  + Text **HOME** to [741741](sms:741741) from anywhere in the United States, anytime. Crisis Text Line is here for any crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.