

## **HELP**

It's OK to need it. It's important to ask for it. Here's how to find it.

You are not alone. WPI is a community of caring students, faculty, and staff who are here to support each other. Here are some of the many resources available, particularly for undergraduate and graduate students. Use the QR code on the back.

### **MENTAL HEALTH**

#### STUDENT DEVELOPMENT AND COUNSELING CENTER

Free and confidential counseling, guidance, and support—or just someone to talk to Short-term, single session, group therapy, off-campus referrals, and more

16 Einhorn Road | 508-831-5540 | SDCC@wpi.edu

WPI Campus Police assist with calls after hours: 508-831-5555

#### SUPPORT GROUPS

The SDCC offers more than a dozen support groups to help students learn new skills or knowledge in a particular area related to their mental health and well-being. Groups are in-person or online and run at different times during the year.

#### STUDENT SUPPORT NETWORK (SSN)

The SSN helps you become a better listener or helper for your peers, with knowledge, skills, destigmatizing perspectives, and connection capabilities. The 6-week program runs in A-Term for faculty and staff, and B-, C-, and D-Term for students. **Contact sdcc@wpi.edu for details.** 

#### **EMPLOYEE ASSISTANCE PROGRAM**

The Employee Assistance Program (EAP) provides faculty and staff with free, confidential services, including counseling (in-person, online, or by phone), plus health resources, mental health toolkits, and crisis support.

#### WELL-BEING

#### **BIAS RESPONSE PROGRAM**

WPI's Bias Response Program addresses incidents where speech or oppressive conduct is directed toward an individual or group based on their real or perceived identities.

#### **CLUBS AND ORGANIZATIONS**

Getting involved helps you build a network of peers and friends. Check the Student Affairs Office list of more than 240 clubs and organizations and think about joining.

#### OFFICE OF MULTICULTURAL AFFAIRS (OMA)

The OMA fosters a campus community that respects and celebrates diversity in all its dimensions and is a home base for students navigating the university experience. Connect at:

#### STUDENT HEALTH SERVICES

WPI's Student Health Services team is available for everything from coughs and colds to COVID.

508-831-5520 | healthcenter@wpi.edu

Call 911 or WPI Campus Police at 508-831-5555 for any medical emergency.

#### TITLE IX OFFICE

WPI's Title IX Office provides resources and confidential support for students, faculty, and staff related to sexual misconduct and discrimination based on gender identity or expression, sexual orientation, and transgender status.

#### **ACADEMIC SUCCESS**

#### **OFFICE OF ACCESSIBILITY SERVICES**

The Office of Accessibility Services helps students with physical, learning, sensory, psychological, developmental supports to reach their full potential. **Daniels Hall** | **508-831-4908** | **accessibilityservices@wpi.edu** 

#### **ACADEMIC ADVISING**

Trouble with classes? Concerns about your course load or projects? Your professor or instructor can help, and you can talk with your Academic Advisor. **Daniels Hall** | **508-831-5381** | **academicadvising@wpi.edu** 

#### FINANCIAL AID AND EMERGENCY FUNDS

Financial stress is real. Contact the Financial Aid and Student Literacy office at 508-831-5469 | finaid@wpi.edu

The Dean of Students Office oversees the **Emergency Loan Fund**, which provides small loans of \$25–\$300 to students, while the **Emergency Assistance Fund** can help members of the WPI community with unforeseen financial emergencies related to the pandemic.





# LEARN MORE ABOUT ALL THESE RESOURCES HERE



The National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

# Crisis Text Line: Text HOME to 741741

from anywhere in the U.S. to connect to a trained counselor to help with any crisis.

**WPI Police:** 508-831-5555

If you think someone is in imminent danger of suicidal action or under threat, call **WPI Police** at 508-831-5555 (or call 911 if off campus). Check the Suicide Awareness & Prevention information on the WPI website.



#### I'M CONCERNED ABOUT A STUDENT

A way to connect to WPI services if you know of a student who's struggling and needs outreach.