# Mental Health Reference Sheet

By the Committee on Mental Health  
Revised - September 2014

## Professional Counseling

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
<th>Description</th>
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<tbody>
<tr>
<td><strong>Acute Care</strong></td>
<td>(203) 432-0123, Yale Health, 55 Lock Street, 1st floor</td>
<td>The Acute Care Department is a 24-hour, seven day a week service. Ask for the mental health professional on call.</td>
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<tr>
<td><strong>Mental Health and Counseling</strong></td>
<td>(203) 432-0123, Yale Health, 55 Lock Street, 3rd floor</td>
<td>Treatment options include individual counseling, group therapy, and medication. By appointment 2-3 days after initial contact, or the same day in an urgent situation.</td>
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<tr>
<td><strong>Substance Abuse Counseling</strong></td>
<td>(203) 432-0123, Yale Health, 55 Lock Street, 3rd floor</td>
<td>For more information regarding program options, please contact the department directly.</td>
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<tr>
<td><strong>Yale Center for Anxiety and Mood Disorders</strong></td>
<td>(203) 612-5688, 405 Temple Street</td>
<td>Inexpensive cognitive behavioral and group therapies conducted by supervised Yale clinical psychology graduate students. Call for a 20 minute phone screen, before a longer intake appointment and assignment to a therapist.</td>
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<tr>
<td><strong>Yale Stress Center</strong></td>
<td>(203) 737-3398, 2 Church Street South, Suite 209</td>
<td>Offers a variety of individual and group therapies, specializing in integrative and evidence-based treatments. Takes private insurance but not Yale health insurance. Call to make an intake appointment and discuss appropriate options.</td>
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## Other University Resources

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<td><strong>Chaplain’s Office</strong></td>
<td>(203) 432-1128, Bingham Hall on Old Campus Entryway D, basement</td>
<td>Provides education on faith-related topics and offers pastoral care. Supports religious and spiritual communities.</td>
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Other University Resources

**OLD CAMPUS FELLOWS**  
(Click HERE for more info)  
Hanaa Awwad & David Lindsey  
Promote the safety and welfare of Old Campus residents. Knowledgeable about campus resources and available in case of emergency.

**RESOURCE OFFICE ON DISABILITIES**  
(Click HERE for more info)  
(203) 432-2325  
35 Broadway, Room 222  
Facilitates individual accommodations for all students with disabilities, both short-term and long-term.

**SHARE**  
Sexual Harassment and Assault Response & Education  
(Click HERE for more info)  
(203) 432-2000  
24hr Hotline  
Yale Health (55 Lock Street), Lower Level  
Offers information, advocacy, and support dealing with any aspect of response to sexual misconduct. Counselor can accompany students to the hospital and/or to the police.

**STUDENT AFFAIRS FELLOWS**  
(Click HERE for more info)  
Hanaa Awwad, David Lindsey, & Hannah Peck  
Work directly with students, providing non-clinical educational services aimed at reducing the risks associated with drug and alcohol use.

Residential College Resources

**RESIDENTIAL COLLEGE DEANS & MASTERS**  
Various: Consult your college's website for more information  
Masters and Deans live in the residential colleges and can provide assistance on a wide variety of issues.

**FRESHMAN COUNSELORS (FROCOS)**  
Click HERE for full list  
FroCos are Yale College seniors who live in freshman dorms and are trained to counsel and support freshmen on a wide variety of issues.

**RESIDENTIAL COLLEGE MENTAL HEALTH FELLOWS**  
(203) 432-0290  
Yale Health  
55 Lock Street, 3rd floor  
Answer questions about mental health, guide students to appropriate resources, and offer specialized assistance through the residential colleges.
## Peer Resources

### Communication and Consent Educators (CCEs)

- **cce@yale.edu**
- **(Click HERE for Full List)**
- **Assigned by Residential College**

Undergraduates trained to promote positive sexual climate on campus and available to discuss related concerns and resources.

### Peer Liaisons

- **Various**
- **(Click HERE for Full List)**

Upperclassmen who mentor and help connect freshmen to the programs and services of Yale’s cultural and community resource centers.

### Walden Peer Counseling

- **(203) 432-TALK**
- **(203-432-8255)**
- **Call 8 p.m. to 8 a.m.**
- **Welch Hall on Old Campus, Entryway B, room A-05**
- **Walk-ins from 8 p.m. to 1 a.m.**

Anonymous and confidential hotline and walk-in peer counseling service staffed by undergraduates. Trained to talk through any issue, large or small, and familiar with campus resources.

### Women’s Center

- **198 Elm Street**
- **Sunday-Thursday, 4-10 PM**
- **womens.center@yale.edu**

Resource for discussion about issues around sex and gender.

## Security Resources

### Yale University Police

- **(203) 432-4400**

Call in the event of an emergency and to report theft or suspicious activity.

### Yale University Security

- **(203) 785-5555**

Call if you get locked out of your room, the fire alarm goes off, and similar issues.

### 2-Walk Escort

- **(203) 432-9255**

Call if you would like to be accompanied while walking around campus.

Contact the YCC at **ycc@yale.edu**