

As a student, your mental health is just as important as your grades. If you or a friend are struggling with depression, anxiety, stress, or other issues that are affecting your daily life, these resources may be able to help.

## **ESLA Student Affairs** **studentaffairs@eslacademy.edu**

Remember, you can always reach out to your Student Affairs Advisor for assistance at any time.

## **SAMHSA's National Helpline** **1-800-662-HELP (4357)**

Call this FREE emergency number for help with substance abuse or mental health crisis and referrals.

## **Suicide Prevention Lifeline** **1-800-273-TALK (8255)**

A FREE service that is available 24/7 to help those experiencing suicidal thoughts or are in emotional distress.

<https://suicidepreventionlifeline.org/chat/>

The online, text-based chat service for those unable to call the number above, or who are uncomfortable calling the number.



### **APPS**

#### **notOK**

A free digital panic button to get you immediate support via text, phone call, or GPS location if you struggle to reach out.

#### **Calm**

A free app designed to reduce anxiety, improve sleep, and help you to feel happier.

#### **7cups**

This free app provides online therapy and emotional support for those experiencing anxiety and depression.

### **Illinois**

**Community Counseling Centers of Chicago**  
<https://www.c4chicago.org>

For finding counseling and therapy support.

**Illinois Warm Line**  
1-866-359-7953

(Monday-Friday: 8am to 5pm. FREE service to anyone in IL) For emotional crisis support.

**No Shame on U**  
<http://www.noshameonu.org/chicagoland>

A list of Chicago area resources for a variety of mental health services including counseling.

### **Massachusetts**

**Therapy Matcher**  
<https://therapymatcher.org/>

This FREE website will help you find a therapist near you to help you with your problems.

**NAMI**  
<https://namimass.org/resources/>

A great resources for everything from legal help to family and peer support.

**Network of Care**  
<https://massachusetts.networkofcare.org/mh/>

For help connecting you to mental health care wherever you are in Massachusetts.