



# Mental HEALTH Matters

## TUCK MENTAL HEALTH & WELLNESS INITIATIVE

Tuck MHWI acts as an advocate for mental health and wellness resources for the community and helps advance a culture of mental health awareness for a stronger Tuck Fabric.

### SCHEDULE A COUNSELING APPOINTMENT

**Counseling Center: (603) 646-9442**  
**Phones are staffed M-F | 8 a.m. – 4 p.m. ET**

The first appointment at the Counseling Center is called a Triage appointment. The Triage appointment is a phone conversation with a counselor where they assess the nature and urgency of a student's concern and identify the most appropriate next step which could include short-term counseling, group counseling, a referral to one of our workshops, or a referral to a community counselor.

### CRISIS MENTAL HEALTH SERVICES

The Counseling Center offers 24-hour crisis (emergency) services for enrolled students or for those who are concerned about an enrolled student. A crisis might involve:

- Thoughts and/or plans to hurt yourself or someone else
- Engaging in a behavior that is life-threatening
- If you have been assaulted, physically or sexually
- Concern for a friend

**Call (603) 646-9442 between 8 a.m. – 4 p.m. ET | M-F**  
**Outside of regular hours, call Department of Safety & Security: (603) 646-4000**

### DARTMOUTH STUDENT WELLNESS CENTER

Visit online resources from the Dartmouth's SWC, including [Relaxation Downloads](#), [Refresh Sleep Improvement Program](#), [Alcohol & Other Drug Self-Assessments](#) and related [resources and downloads](#), as well as downloadable [Stall Street Journals](#). Check back at our [website](#) for more virtual offerings throughout the term!

Visit Dartmouth Wellness





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### NATIONAL RESOURCES

National Suicide Prevention Lifeline: 800-273-8255 / <https://suicidepreventionlifeline.org/>

National Sexual Assault Hotline (RAINN): 800-656-4673 / <https://www.rainn.org/>

National Domestic Violence Hotline: 800-799-7233 / <https://www.thehotline.org/>

National Eating Disorders Association (NEDA): 800-931-2237 / <https://www.nationaleatingdisorders.org/>

The Trevor Project (Provides crisis intervention and suicide prevention to the LGBTQ community): 866-488-7386 /

<https://www.thetrevorproject.org/>

### RESOURCES AT TUCK

MBA Program Office (MBAPO),  
[mba.program.office@tuck.dartmouth.edu](mailto:mba.program.office@tuck.dartmouth.edu)

Tuck COVID-19 updates, [tuck.dartmouth.edu/covid](https://tuck.dartmouth.edu/covid)

Tuck Student Board,  
[clubs.tuck.dartmouth.edu/student\\_board/](https://clubs.tuck.dartmouth.edu/student_board/)

Tuck Diversity, Equity & Inclusion  
[tuck.diversity.equity.inclusion@tuck.dartmouth.edu](mailto:tuck.diversity.equity.inclusion@tuck.dartmouth.edu)

Tuck Peer Support Counselors Program  
<https://tuckschool.sharepoint.com/sites/Wellness/SitePages/Peer-Support-Program.aspx>

### HEADSPACE

Dartmouth offers free access to the app [Headspace](#). Headspace uses clinically-researched techniques for meditation to improve mindfulness, stress levels, sleep patterns and more.

### UWILL

All students with a valid Dartmouth email account have free access to licensed mental health counseling services via phone, video, and chat, thanks to a new partnership with the student teletherapy provider [Uwill](#).

Visit Tuck's Peer Support  
Counselor Program

