

# Promoting Student Wellness through Mental Health Support

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Sr. Vice Chancellor for Student Affairs

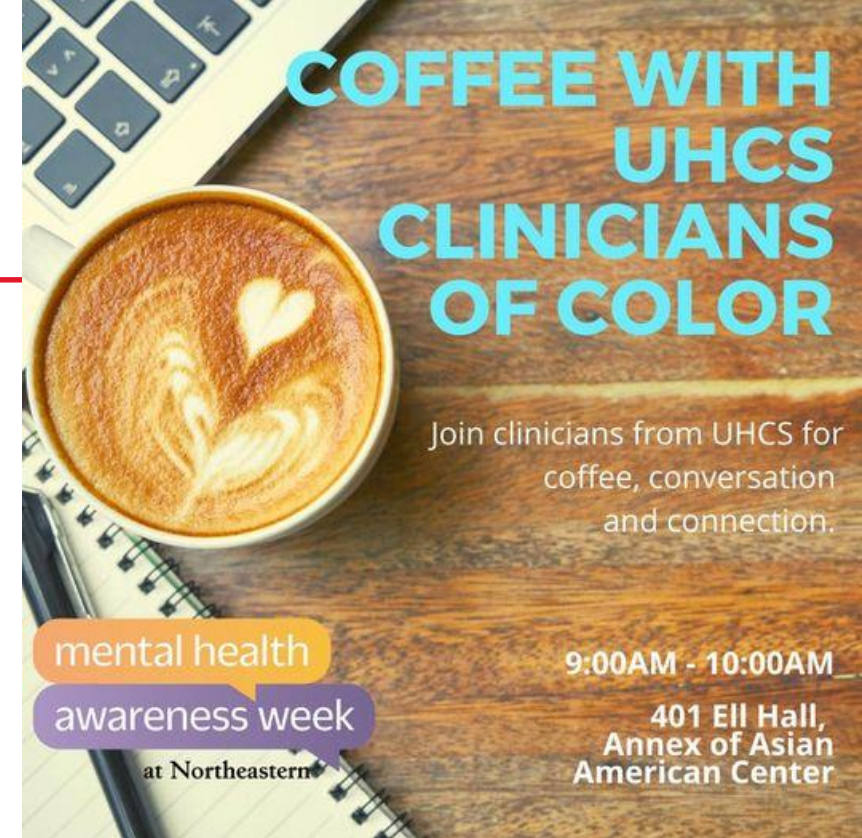
**NORTH  
EASTERN**

# UHCS Mental Health Services

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- Walk-in support
- Assessment, stabilization, and referral
- Ongoing follow-ups and support as needed
- Psychopharmacology
- Diversity of Mental Health clinical team
- Dedicated clinician available to support those instructed to isolate or quarantine
- Support groups

*Breaking the Silence Grief and Loss \*\* Heal \*\* Taking the Fear Out of Food \*\* Coping through the Pandemic and Transitions \*\* International Student Support Group \*\* Depression and Anxiety*



# Find@Northeastern

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- Designed to offer students an immediate touchpoint for help and resources at anytime from anywhere.
- Eligibility: all full-time, degree-seeking students including:
  - Undergraduate
  - N.U.in
  - NU Bound
  - Graduate
  - Law

## Find support at any time from any location

Things happen that could leave you feeling overwhelmed and struggling. With one call day or night, you can speak with someone to listen and set you on the path to feeling better.



**877.233.9477**

(within the U.S.)

**+1.781.457.7777**

(outside the U.S.)

**Find Your Way**

[northeastern.edu/uhrs](http://northeastern.edu/uhrs)

**find**  
at Northeastern



# Services from the FIND 24/7 Support Line

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- Immediate focused telephone counseling support anytime from anywhere with a masters level mental health clinician
- Immediate support and assessment and coordination with emergency protocols as appropriate
- Non-emergent connection for help with next steps, resources, and treatment options



# Treatment Options through Find@Northeastern

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- Unlimited free counseling sessions – via telehealth or in person with community mental health clinicians
- Referrals to ICare program (internet-based cognitive behavioral training program)
- Free access to Headspace
- Referrals to specialty care (using student's insurance)



# Be kind to your mind

Mindfulness has been shown to help people stress less, increase focus, and sleep more soundly. Meditation helps you to be more mindful – and Headspace is your personal guide, with hundreds of meditations and exercises for sleep, focus, and movement.

Northeastern University is excited to give all students access to Headspace. You'll have free access to the entire Headspace library. This is part of Find@Northeastern.

## Headspace loves science

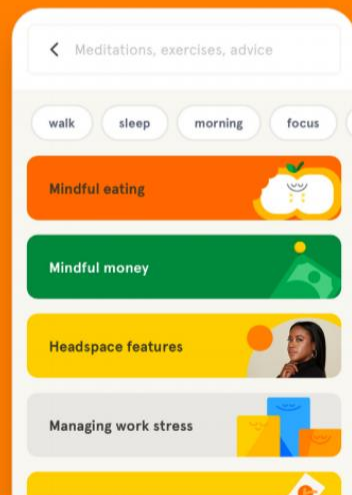
Just 10 days of Headspace can increase happiness by 16%.

## Join over 70 million

Connect with friends and over 70 million people who have downloaded the app.

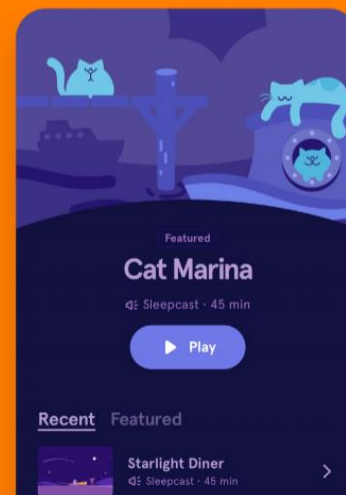
### Meditation

Guided meditations on topics like stress, self-esteem, and relationships, plus meditations for kids



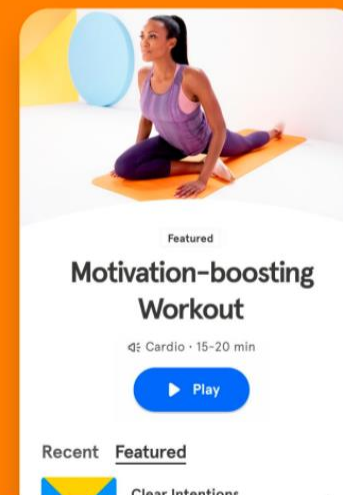
### Sleep

Sleepcasts, music, and bedtime audio for restful nights



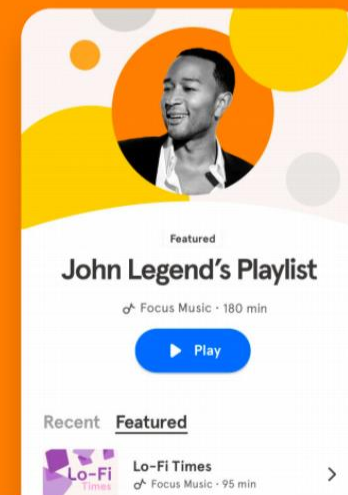
### Move

Quick workouts and guided cardio for body and mind



### Focus

Meditations and music to help you zoom in on what matters



Download your free Headspace subscription today at [work.headspace.com/northeastern/member-enroll](https://work.headspace.com/northeastern/member-enroll)






# Other Support for Wellbeing

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- Active Connection with Student Groups
- Mental Health Advisory Committee
- Mental Health Awareness Week
- Response to Wellbeing Requests
- Mental Health Guides
  - Faculty guide
  - Staff guide
  - Student guide
  - Parent and family guide

NORTHEASTERN UNIVERSITY CELEBRATES  
**WORLD MENTAL HEALTH DAY**  
OCTOBER 10, 2021

Join activities on campus and social media that promote wellness, identify supports available for Northeastern students and share ways to connect.



mental health awareness week  
at Northeastern

FOLLOW:  
#NUMENTALHEALTHAWARENESS  
#HELPIISAVAILABLE  
#UHCS





# Prevention and Intervention through OPEN

- Alcohol Skills Training
- Up2Us Foundations
- Up2Us Bystander Intervention
- Up2Us Preventing Sexual Violence as a Student Leader
- Respond: Trauma Informed Response to Disclosures of Sexual Violence
- Building Resilience Skills
- How to Make Friends that Stick in College





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**LVX**  
**VERITAS**  
**VIRTUS**