



Mental Health Resources

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.

CSI Student Affairs

studentaffairs@csinow.com

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

therapymatcher.wordpress.com

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.