



# RESOURCES FOR STUDENT WELL-BEING



## FIND@NORTHEASTERN

- 24/7 Mental Health Support
- Confidential local and video counseling sessions with licensed mental health counselors available
- Free access to Headspace

**Webpage**

+1.877.233.9477  
(U.S.)

855.229.8797  
(Canada)

+1.781.457.7777  
(International)

## UNIVERSITY HEALTH AND COUNSELING SERVICES – UHCS

- Offers support, information, and response to Mental and Medical Health concerns
- Walk-in mental health assessment and treatment
- Mental health resources available to students

**Webpage**

Forsyth Building,  
1st Floor

617.373.2772

uhcs@northeastern.edu

## OFFICE OF GLOBAL SERVICES & GLOBAL STUDENT SUCCESS

- OGS and GSS offer services such as a mentor program, tutoring services, and academic skills advising to help with your transition to Northeastern

**Webpage** (OGS)

**Webpage** (GSS)

GSS –  
101 Belvidere Street

617.373.2455  
GSS@northeastern.edu

OGS –  
354 Richards Hall

617.373.2310

ogs@northeastern.edu

## CENTER FOR SPIRITUALITY, DIALOGUE & SERVICE

- Advisors available to meet and speak with students
- Mindfulness sessions, yoga, guided meditations and other spiritual practices offered

**Webpage**

203 Ell Hall

617.373.2728

csds@northeastern.edu



### OMBUDS FOR GRADUATE STUDENTS

graduateombuds@northeastern.edu

617-373-6904  
(office)

617-545-7989  
(cell)

- Confidential, neutral, and informal resource for graduate students seeking to address concerns that may be impacting their studies
- 1:1 appointments with Ombudsperson (Kim Wong) available

**Webpage**

### SUPPORT GROUPS

- Variety of groups each term in an effort to support your varying needs
- Nonjudgmental and confidential space in which to learn as well as to receive and offer support
- Groups are for CURRENT Northeastern students located in Massachusetts

**Webpage**

### THE 988 LIFELINE

- Provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.
- The previous Lifeline phone number (1-800-273-8255) will always remain available

**Webpage**

### GRADUATE STUDENT SERVICES TEAM

- Meet 1:1 with an assigned Academic Advisor from your program
- Can provide resources to help navigate what you are facing

**Webpage**

130 Snell  
Engineering

Monday - Friday  
8:30 AM - 5 PM

# WELLNESS

