



Mental Health

Signs



Loss of interest in activities



Fatigue



Changes in eating habits



Trouble sleeping



Social withdrawal



Trouble concentrating

Helping a Friend

- Talk to them privately. Listen carefully.
- Suggest counseling. Offer to accompany them.
- Stay in contact. Follow up.

Tips for starting a conversation

“How are you doing?” “Is there anything you’d like to talk about?” “If you want to talk, I’m here to listen.”

Be mindful of your facial expressions. Do not judge.

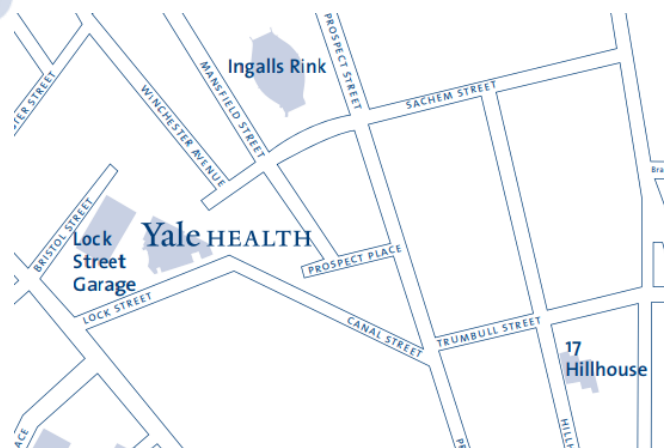
Avoid criticizing or belittling their symptoms.

Resources

Yale Mental Health & Counseling

Phone: 203-432-0290

All full-time students are eligible for services



For after-hours support:

Call Yale Acute Care at 203-432-0123

The National Grad Crisis Line:
1.877.GRAD.HLP
(1.877.472.3457)

For emergency support:
Call 911

Yale’s anonymous and confidential **online screening** for Depression, Eating Disorders, Alcohol, Anxiety, PTSD:
<http://screening.mentalhealthscreening.org/YALE>

Yale Mental Health

1. Make an appointment
Call: 203-432-0290

2. Student meets with a clinician within 2-4 weekdays for initial evaluation (same day for urgent situations)

4. The student and clinician determine the best type of therapy (e.g. cognitive behavioral therapy, interpersonal psychotherapy, group therapy, psychodynamic therapy, medication management)

3. Following the initial appointment, the student meets with the therapist within a couple of weeks