# 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

  ![Map of Yale Mental Health Location](image)

- **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)

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

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