

# Health and Well-being Resources

## Student Development and Counseling Center

Free and confidential counseling, guidance, and support-or just someone to talk to.

Short-term, single session, group therapy, off campus referral and more.

16 Einhorn Road | **508-831-5540** | **SDCC@wpi.edu**

Appointments: schedule an appointment online

Beyond typical office hours, there is an afterhours crisis line. Call the SDCC number (508-831-5540) and listen to the prompts to be connected to a counselor.

## Crisis Resources

The SDCC has an after-hours telehealth line, which can be accessed during non-SDCC business hours. It is run by ProtoCall. You will be able to speak with a crisis counselor. Call **508-831-5540** and listen to the menu prompt

Text **HOME** to **741741**

Call the Suicide & Crisis Lifeline: **988**

If you or someone you know is in immediate danger to themselves or someone else, call 911 or WPI Campus Police **508-831-5555**.

The Youth Mobile Crisis Intervention provides crisis assessment, intervention and stabilization services in homes, schools and other community settings for youth through the age of 20.

## Support

The Inclusive Therapists List can help find therapists.

The Trans Lifeline provides trans peer-support - run by and for trans people.

## Center for Well-Being

A holistic approach to wellness, spanning academic and non-academic aspects of the student experience, the Center promotes well-being for students and the broader WPI campus community.

Programming involves mindfulness, meditation, affinity spaces to meet, and other wellness activities.

Located in the Morgan wedge

## Clubs and Organizations

Getting involved helps you build a network of peers and friends. Check the list of more than 240 clubs and organizations and think about joining.

Explore TechSync

## Office of Diversity, Inclusion and Multicultural Education

The Office fosters a campus community that respects and celebrates diversity in all its dimensions and is a home base for students navigating the university experience.

20 Schussler Road | **508-831-5796** | **diversity@wpi.edu**

## Chaplains

WPI's Campus Chaplains serve as a resource for all individuals on campus who seek guidance. Whether you want to deepen your faith, find yourself at a crossroads, or would like to begin exploring your spirituality and worldview, a Chaplain can advise and support you through many different life changes. Chaplains are also able to mentor

individuals in general matters of faith in addition to specific times of hardship. Learn more about the Collegiate Religious Center.

## **Misc**

If you are concerned about a fellow student, you can complete the I'm Concerned About a Student (CARES) form. If this is an emergency, please contact the WPI Campus Police at **508-831-5555**.