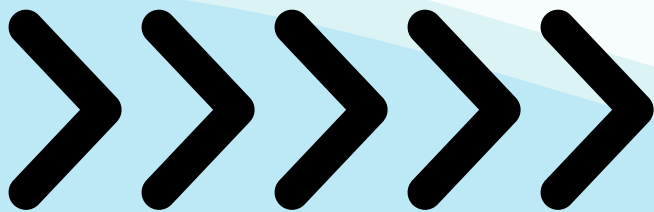
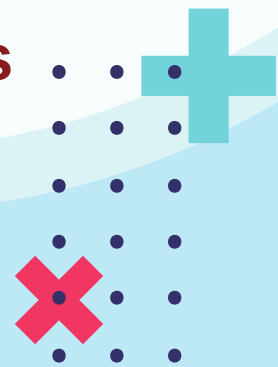


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MENTAL HEALTH



resources at **umass**
amherst



By Students for
Students!



STUDENT
ADVISORY WELLBEING
BOARD +



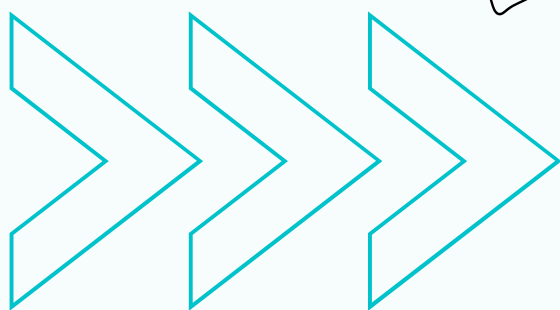


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What is CCPH?

The Center for
Counseling and
Psychological
Health at UMass
Amherst

We'll talk a lot about
the services that CCPH
offers throughout
this guidebook!

We'll also talk a lot
about alternative
resources outside of
the university, so you'll
have a lot of options!

A resource available to
UMass Amherst students
that offers a range of
mental health services to
help students function in
the university!

Located at:
Middlesex House • 111
County Circle
Amherst, MA 01003-9255
(413) 545-2337



How do I know when I need help?

"Help" can look like a lot of things.

Maybe you have an exam coming up that's got you stressed, or you're having a hard time getting along with your roommate. Or maybe you've just been feeling down for a couple days.

In situations like this, help may look like self-care: taking a walk outside, eating a healthy meal, spending time with a friend, or just taking a day to yourself to recharge.

But sometimes, you might want more guidance.

If the problem is interfering with your relationships, schoolwork, and daily life, you may need more structured support.



This guidebook is designed to help you navigate the resources on campus available to you, and find the solution that's best.



Emergency Resources

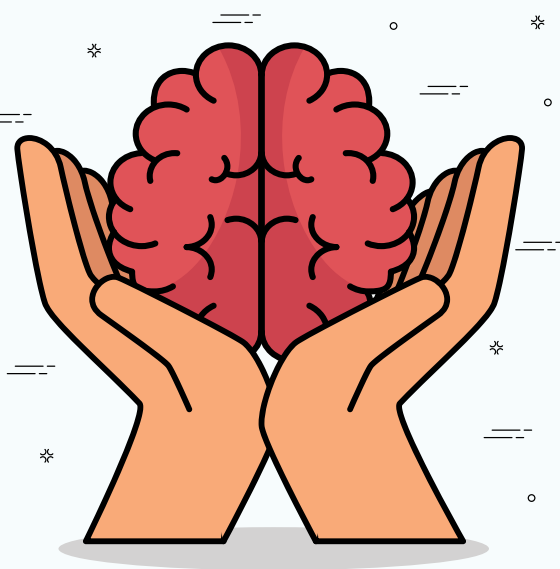
What is a mental health emergency?

a **life-threatening situation** in which an individual is threatening **immediate harm** to **self** or **others**, is severely **disoriented** or out of touch with **reality**

For **Life Threatening**
Mental Health Crises:
Call **413-545-3111**
for UMPD on campus
and **911** everywhere

National Suicide
Prevention Lifeline:
**1-800-273-
8255**

The resources on the
following page are for
non-life threatening
situations





Urgent Resources



5

What is a mental health crisis?

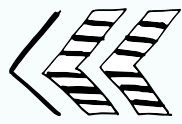
a **potentially dangerous situation** in which an individual is exhibiting extreme and **immediate** emotional or behavioral **distress, disoriented**, has a **compromised functioning**, or is unable to be calmed

For **non life -threatening mental health emergencies**, an on call CCPH clinician is available **24/7/365**, call **413-545-2337**

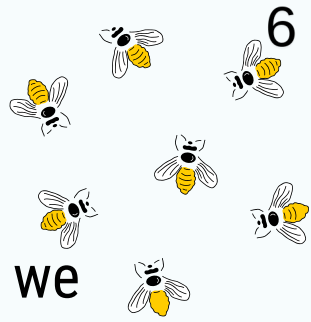
Clinical & Support Options Behavioral Health Emergency hotline: **413-586-5555** available **24/7** in Hampshire County

Text **741741** to speak to a trained crisis counselor "**HOME**" for Counseling "**STEVE**" for POC in distress

24/7 Crisis Helpline at 877-870-4673 (250+ Languages)
Sexual Assault Support + Advocacy 24 hr Hotline from CWC
(Center for Women & Community) at UMass: **413-545-0800**
Consejeros que hablan español:
1-800-223-5001



More Resources



6

Some resources we
thought would be
important to have!



Safe Passage, a 24 hr domestic violence

local hotline:

413-586-5066

**National: 1-800-799-
7233**

Substance Abuse + Mental Health Services:

1-800-662-4357

for individuals & families
facing **mental** and/or
substance use disorders

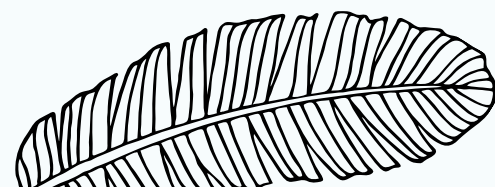
Trevor Project for LGBTQ+ in crisis or need of resources: **866-488-7386**

Trans Lifeline:
877-565-8860

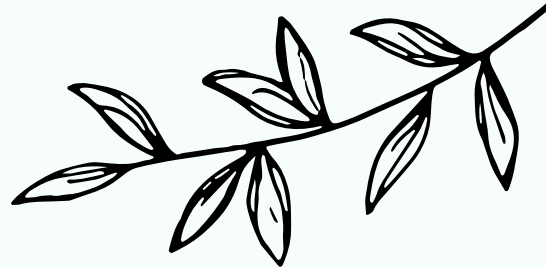
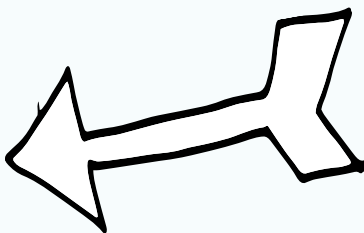
Fenway's Violence Recovery Program of Western Mass:

1-800-834-3242

For victims of sexual/hate
crime/police violence,
specializing in LGBTQ+



Even More Resources



Homelessness Resources:

List of Homeless Shelters



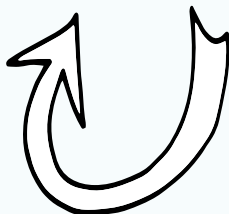
National Alliance on Mental Illness: 1-800-950-6264

info, referrals & support to people living w/mental health conditions, family and caregivers, providers, etc

General Homelessness Resources



To get in touch with **CWC** (Center for Women and Community) Resources, such as **support groups** or **general counseling**, call: **413-545-0883**



Resource Guide

Not sure where to start? Check out the chart below to choose the program that works best for you!



"I need to get something off my chest."

Try...



Let's Talk

- Free, informal, and confidential
- A chance to share anything that's been bothering you!
- See page 11 for more info!

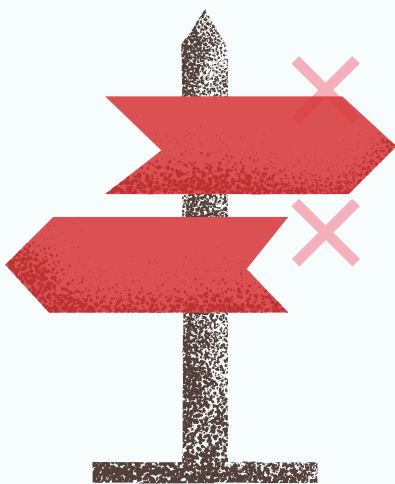
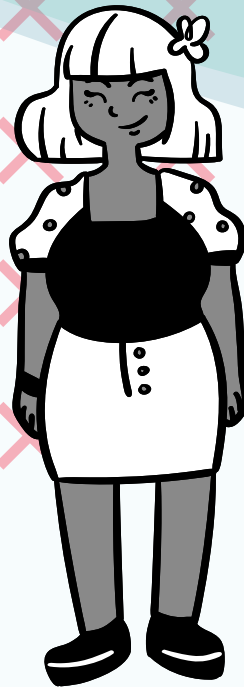
"I need a sense of community, but I'm nervous about trying group therapy."

Try...



Community Connections

- Free, informal, and low commitment
- Provide a general space for conversation and connection
- You can participate as much or as little as you want
- Learn more on page 12



"I need to work on this problem I'm experiencing in a structured setting to learn new skills."



Try...

Group Workshops

- Free and informal
- Involve more structured discussion on specific topics
- Involve moderate sharing, although this is not an expectation
- See page 13 for more info



"I need to work in a group on a regular basis to learn and develop insight and new skills."

Try...

Group Therapy

- Regular meetings with a closed group
- Involve regular attendance and participation
- Require a brief pre-screening to participate
- Billed through insurance
- See page 12 for more info



"I'm experiencing symptoms of depression/anxiety and I feel like I can't talk to anyone about it. It's interfering with my relationships."



Individual Therapy

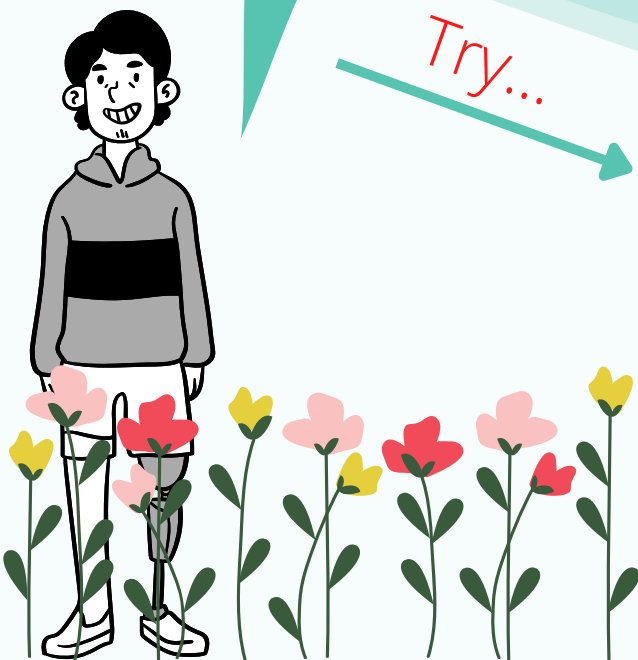
- A confidential place to get short-term, specialized help
- 4 free sessions are offered, insurance is billed for additional care
- Resiliency and solution-focused
- See page 15 on how to make an appointment, or page 19 on how to find your own therapist

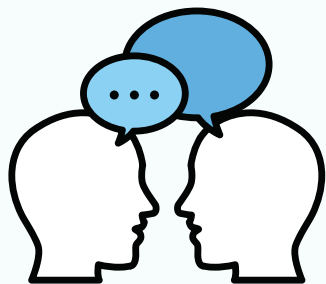
"I'm seeing a therapist at CCPH or in Amherst and I need help managing my symptoms with medication."



Psychiatric Services

- Booked through a referral by a CCPH counselor or counselor in the Amherst area
- Provides clinical diagnosis and medication treatment
- Initial consultation required
- See page 17 for more info!





Let's Talk



WHEN SOMETHING'S BOTHERING YOU, TALKING ABOUT IT IS OFTEN THE FIRST STEP TOWARD A SOLUTION. NOW, THERE'S AN INFORMAL, CONVENIENT, CONFIDENTIAL WAY TO GET INSIGHT AND INFORMATION – "LET'S TALK."

SIGN UP IS REQUIRED THROUGH THE PATIENT PORTAL OR BY CALLING CCPH.

THE PROGRAM OFFERS FREE, FRIENDLY ZOOM SESSIONS WITH COUNSELOR CONSULTANTS FROM THE CENTER FOR COUNSELING AND PSYCHOLOGICAL HEALTH (CCPH). "LET'S TALK" ISN'T FORMAL COUNSELING OR MENTAL HEALTH TREATMENT. IT'S A CHANCE TO BRIEFLY SHARE WHAT'S ON YOUR MIND, FIND SUPPORT, AND GET RECOMMENDATIONS. NO TOPIC'S OFF-LIMITS!





Group Therapy + Support Groups

MEDITATION 101

A WAY TO LEARN BASIC MEDITATION TECHNIQUES IN A FRIENDLY ENVIRONMENT THIS 45-MINUTE WEEKLY DROP-IN MEDITATION GROUP IS AVAILABLE FOR STUDENTS TO JOIN ONCE OR AS MANY TIMES AS THEY WISH. ALL STUDENTS ARE WELCOME. NO EXPERIENCE NECESSARY.

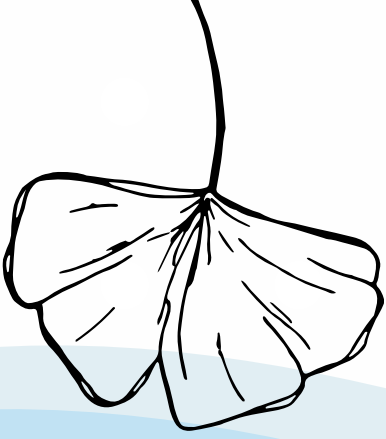
UNDERSTANDING SELF & OTHERS

UNDERGRADUATE GROUP PROVIDING A SUPPORTIVE SETTING TO GAIN A BETTER UNDERSTANDING OF YOURSELF, PRACTICE NEW WAYS OF RELATING TO OTHERS, SHARE PERSONAL EXPERIENCES, AND RECEIVE FEEDBACK AND SUPPORT.

MANAGING OBSESSIVE THOUGHTS

ARE YOU STRUGGLING WITH OBSESSIVE THOUGHTS? IN THIS EIGHT-WEEK GROUP WE WILL WORK THROUGH A TREATMENT PROTOCOL AIMED TO HELP YOU UNDERSTAND, COPE WITH, AND REDUCE OBSESSIVE THOUGHT LOOPS. THE GROUP WILL FOLLOW THE FOUR-STEP MODEL DEVELOPED BY JEFFREY SCHWARTZ, M.D.

New Groups Added Every Semester!!



Mental Health Workshops

STRESS GPS WORKSHOP

LEARN TECHNIQUES TO COMBAT STRESS, AND ENGAGE IN EMOTIONAL WELL-BEING. + HOW TO DEAL WITH BEING OVERWHELMED

MANAGING EMOTIONS SKILL BUILDING

LEARN WAYS TO BETTER HANDLE YOUR EMOTIONS
STUDENTS WILL LEARN DIALECTICAL BEHAVIOR THERAPY SKILLS TO IDENTIFY, UNDERSTAND, AND EXPRESS EMOTIONS IN HEALTHIER WAYS.

OVERCOMING SOCIAL ANXIETY

TALK ABOUT WAYS TO MAKE FRIENDS, START CONVERSATIONS AND MAINTAIN RELATIONSHIPS. LEARN MORE ABOUT SOCIAL ANXIETY, WHAT TO DO WITH SELF-CRITICISM, AND EXPLORE STRATEGIES TO COPE WITH ANXIETY TO INCREASE CONFIDENCE AND NAVIGATE SOCIAL SITUATIONS IN COLLEGE.

Check CCPH Website
for a full list of groups
and workshops

How to Sign Up for Workshops / Therapy Groups

First, go to
umass.edu/counseling

Then you want to click on
"services" at the top

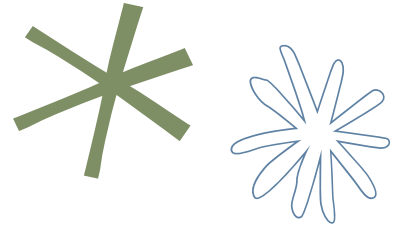
You will see a list of services
offered by UMass. You want to
click on the third option:
**"Clinical Programming:
Workshops, Therapy groups,
Community Conversations"**

You will see a list of
various workshops,
therapy, and support
groups

Click on the one you
want to register for and it
will tell you how!

How to Make an Appointment

Calling CCPH

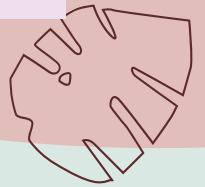


First appointments you can call CCPH at
(413) 545-2337 from 8:30am-4:30pm

When you call you will
likely get a same day
appointment!

Call right at 8:30 am
for best selection!

Fridays have the most
free appointments!



How to Make an Appointment

16

Using the Patient Portal

They can also be made online on the **UMass Patient Portal**, where there is a link for the site under **Formal Consultation**



All students have a **patient portal login** that was already made for required immunizations



There you can select no or yes for group appointments

If you are looking for an **individual appointment** select **no**

Once in the patient portal log in, **Click appointments on the top bar**



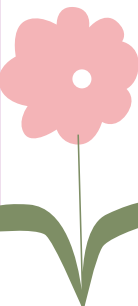
In the **drop down arrow for "clinic"** select Center for Counseling & psychological Health

For reason select **"first consultation with CCPH"**



You can select a provider if you know one at CCPH, or you can select all

Once you hit **Submit** you will be able to view a calendar and find a time that works best for you



psychiatric services

Students in therapy with a straight-forward mental health challenge that needs medication can consult with UHS for meds

Students must be referred to CCPH's psychiatric services by their therapist at CCPH or the Amherst area, if your home provider is working for you, CCPH recommends that you continue with them

Anyone with more extreme or serious symptoms may benefit from the specialty care that a psychiatric professional can offer



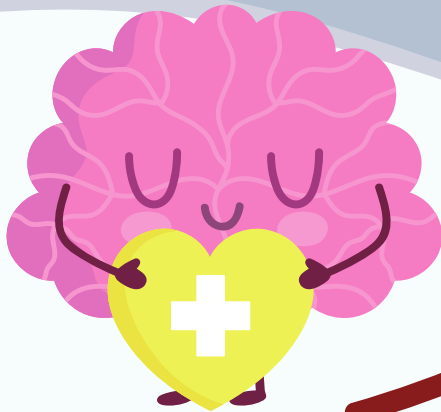
.....> psychiatric consultation

Initial Consultation: with a psychiatric provider (Doctor or Psychiatric Nurse Practitioner)

- 45 to 60 minutes of understanding your background, current concerns, interest in pursuing more resources (medication for example)

Follow up appointments: 20 minute appointments scheduled throughout treatment to monitor progress

Call CCPH's main number to find out what is available to you! (413) 545-2337



If getting tested isn't an option, keep getting medication from current provider or look for a community provider!

Prescription ADD/ADHD Medication

- Must get formal psychological testing to get a prescription
- Can get tested at CCPH or a community provider, call CCPH to help arrange this

PSYCHOLOGICAL ASSESSMENT

aka making an appointment with a Psychologist for several hours to determine if you have ADHD, a learning disorder, or if your provider is unsure about your psychiatric diagnosis.

Assessments can be helpful in recommending relevant academic accommodations/treatment options

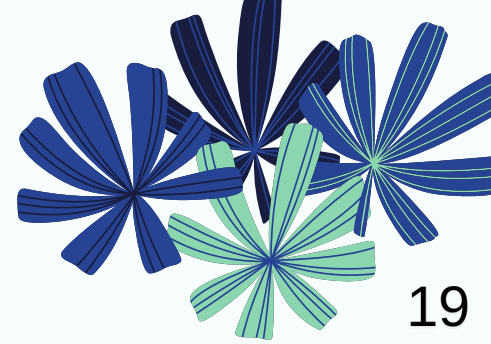
The student health insurance plan covers the **full** cost of assessment at CCPH (413-545-2337). Before scheduling, ask your CCPH provider to put a referral in your chart, or ask your community provider to fax a referral note to 413-545-9602. Then, call at the beginning of the semester to schedule an initial appointment and learn about the process.

The **Haffey Center for Attention and Memory** in Amherst, MA is another great assessment option in the local community. They offer similar services, know UMass students well, and take more insurance plans.

Contact the Haffey Center using the QR code link! or email info@haffeycenter.com



RESOURCES



(find a therapist!)

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CCPH focuses on short-term care. If you want to find a therapist for long-term care, the next few pages have some resources!

OUR ADVICE:

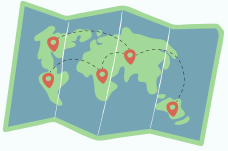
- think of finding a therapist like job hunting, you might have to contact a lot to find one that works best!
- it might take weeks to months for a therapist to find an opening, this is okay.
- consider Telehealth, it expands your range, and you'll find more providers!
- While waiting on your therapist, find a group therapy/therapy workshop, or use TogetherAll (see page 20)
- do not lose hope. this is a long process, and you are doing very very well :)





CONTACT YOUR INSURANCE PROVIDER

they'll usually have a list of providers that are in-network, this makes it easier on finances since you know at least some of your care will be covered



THINK GEOGRAPHY

your therapist has to be licensed in the state that you're in. if you're out-of-state, consider telehealth to find a therapist licensed in MA and your home state. this way, you'll get to see your therapist even when you're home. (look at the second half of this page for help on finding therapists online !)

OR, YOU CAN GO ONLINE:

TogetherAll

an online community to share feelings anonymously and get support.

What we loved about it:

Conversations are moderated by mental health professionals, and it's free for all college students! It's a very low-stress approach to take care of yourself :)



The Shrink Space

a platform to receive custom therapist referrals to continue care.

What we loved about it:

in your search for a therapist, you can prioritize things like gender, race, and location of providers. It's also super easy to book appointments after getting matched with your therapist!

(CCPH recommends using ShrinkSpace first to find a therapist, since it's so so easy and intuitive!)

The Shrink Space

**IF ALL ELSE FAILS, CONTACT:
BEE EMILY, RN, BSN
CCPH REFERRAL COORDINATOR
(413) 545-2337**



IDENTITY SPECIFIC RESOURCES- POC

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podcast: Day by Day University

A podcast by and for university students of color, created to advocate for the importance of maintaining good mental health



website: AMHC

directory of Asian therapists in the US and Canada with a method to contact them directly ("call now" option). Aims to break stigma against accessing mental health services in Asian diaspora

website: Latinx Therapists Action Network

directory of Latinx therapists who believe in the dignity of Latinx migrants and communities across the US. Offers contact info to get in touch with therapists of choice



website: Therapy for Black Girls

way to search for therapists whose care is aimed toward Black women and girls. Offers in-person therapists and telehealth



CCPH Website: Resources for POC

this is a comprehensive list of resources that CCPH has for people of color, where you'll be able to find so many websites and groups beyond those listed in this book!



IDENTITY SPECIFIC RESOURCES- LGBTQIA+



Trans and Gender-Nonconforming Student Support Group

A weekly support group for trans and gender-nonconforming students sponsored by CCPH. For more info, contact CCPH at (413) 545-2337

National Queer and Trans Therapists of Color Network Mental Health Fund

a fund to provide financial assistance to Queer and Trans BIPOC to increase access to mental health support. It provides financial assistance for up to 6 sessions with a psychotherapist



The SpACE+

A twice-monthly support group for students who are asexual, demisexual, grey-asexual, and elsewhere on the asexual spectrum. For more info, contact the Stonewall Center at stonewall@umass.edu



National Queer and Trans Therapists of Color Network

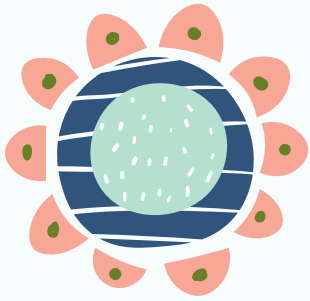
Helps queer and trans POC find queer and trans POC mental health practitioners across the country. Committed to transforming mental health care for the LGBTQIA+ community with a focus on healing justice- an intersection between social justice and mental health.



The Stonewall Center Website: LGBTQIA Student Groups

Apart from the resources listed above, these are some student groups on campus serving the LGBTQIA+ community.





So... who are we?

We are SWAB!

(the Student Wellbeing
Advisory Board)



We are a group of students who work with campus stakeholders to address health and wellness related issues and bring student voices to conversations about wellbeing on our campus!

We created this guidebook because we know that navigating mental health resources can be difficult and really intimidating, how are you supposed to know where to go? We wanted to provide as many resources as possible in one place and help make it clear what they are for.

We used each others' experiences and spoke to professionals to compile these, and we hope they are useful in navigating mental health resources in college.

Check us out!

