



Manager Mental Health Resources

Emergency Contacts	Phone Number
Medical or Public Safety Emergency	911
National Suicide & Crisis Lifeline (24/7)	988
Harvard University Police	617-495-1212
Harvard University Police - Longwood	617-432-1212
Massachusetts Contacts	Phone Number
Samaritans Suicide Prevention Text and Phone Lines (24/7)	877-870-HOPE (4673)
SafeLink Domestic/Dating Violence Hotline & chat lines (24/7)	877-785-2020
Boston Area Rape Crisis Center (BARC) (24/7)	800-841-8371
MA Confidential Health and Human Services Helpline (24/7)	211
NAMI Compass Helpline (National Alliance on Mental Illness)	617-580-8541
MA Substance Use Helpline (24/7)	800-327-5050
MA Council on Gaming and Health	800-GAM-1234
MA Behavioral Health Partnership Emergency Line (24/7)	877-382-1609
University Contacts	Additional Information
Harvard Employee Assistance Program KGA	Confidential Employee Assistance Program available 24/7 Call: 877- 327-4278, Text: 508-231-5374 Email: info@kgreer.com
Local Human Resources Offices	Locate and reach out to your local Human Resources Office
Harvard Benefits Office	Health and welfare resources for benefits-eligible staff and faculty
Harvard Office of Work/Life	Provides programs and subsidies to staff and faculty, for dependent care, mental health, workplace flexibility and mindfulness
Harvard Global Support Services	Support for students and employees traveling/living abroad
Harvard Chaplains	Over forty chaplains serving the spiritual needs of those at Harvard
Harvard International Office	Support for international students and scholars
Harvard Office for Equity, Diversity, Inclusion & Belonging	Coordinates and catalyzes equity and access efforts across Harvard
University Health Services (HUHS)	Multi-specialty medical practice for the Harvard community
HUHS Center for Wellness	Workshops, services, and classes centered on wellbeing
HU Ombuds Office	Assists in managing issues affecting work or academics
Employee Resource Groups (ERGs)	Enable individuals from marginalized communities to connect
Harvard Office for Gender Equity	Counseling, reporting, and policy resources related to sexual harassment and misconduct
The Crimson Folders	Tools to help recognize and support student mental health challenges
Anonymous Reporting Hotline	Confidential resource, available 24/7 Call: 877-694-2275
Harvard Environmental Safety	Promotes a culture of safety, health, environmental protection, and emergency preparedness. Call: 617-495-5560