



COLUMBIA/BARNARD HILLEL MENTAL HEALTH RESOURCES

Mental health affects us all – whether we're doing great or struggling, or anything in between. Asking for help is a sign of strength. Check out the resources below, and if you're not sure what you need or where to turn, Hillel professionals can help you connect to resources on or off campus.

Reach out to Shana (shana@hillel.columbia.edu) if you have any questions or have additional resources to share with the broader community.

For All Students

- Nightline: Follow @nightline_bccu for information about talking to anonymous peer listeners
- The Trevor Project: Crisis intervention for LGBTQ+ youth. Call (866)488-7386
- Suicide and Crisis Lifeline: Call or text 988
- Sexual Violence Response (SVR): 24/7 Support. Call (212)854-HELP (4357)
- Crisis Text Line: Text HOME to 741741
- Therapist Recommendations: Beyond the resources offered by the university (see below), Alma (helloalma.com) is a database of therapists. Reach out to a Hillel professional if you'd like to receive a list of therapists in the area that we've referred students to in the past.
- Mental health isn't just about being in crisis. If you're having a stressful day, feeling overwhelmed, or even have something exciting to share, Hillel professionals are trusted adults you can turn to. Reach out to anyone on the Hillel team, and we'll be your listening ear. If you're not sure who to connect with, reach out to Shana and she'll put you in touch.

For Barnard Students

- Furman Counseling Center: Call (212)854-2092 or email counseling@barnard.edu
- If you're in need of emergency mental health care, call (855)622-1903

For Columbia Students

- Counseling & Psychological Services: Call (212)854-2878 to schedule an appointment
- If you're in need of emergency mental health care, call (212)854-2878

For List College Students

- JTS Counseling Center: Schedule an appointment online – jtsa.edu/counseling-center