

Welcome to the Mental Health & Wellness Resource Document

Introduction

This document was created by students for students. MD-PhD programs are a marathon and we want everyone to have all the tools they need for success and happiness here at CWRU. This document is a consolidation of tools that our students have found useful in the past and we hope it helps you too.

As you consider your options, please note that CWRU offers each student \$500 via the [Student Mental Health Fund](#) to help with expenses that include but are not limited to:

- Psychiatric hospitalization
- Intensive treatment programs (IOP, PHP)
- Counseling/therapy sessions
- Medications
- Transportation costs to appointments/treatment
- Costs for recommended psychological testing and assessment
- Insurance co-pays and deductibles associated with the services above

This document does not have every resource. If you find or are aware of additional resources, we would love to know! Please don't hesitate to reach out, so we can share more resources with our community.

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Table of Contents

Welcome to the Mental Health & Wellness Resource Document	1
Table of Contents	2
Crisis Services	3
University Health and Counseling Services	4
Overview	4
Individual Counseling Services	4
Group Counseling	5
Psychiatric Services	5
Timely Care (CWRU Care)	6
Additional Services	6
Frequently Asked Questions	7
Finding Care: Step-by-Step Guides	8
University Health and Counseling Services	8
Non-CWRU Counseling and Psychiatry	10
Cleveland area therapists commonly used by our students:	11
Student Guide: I'm new to therapy, what can I expect?	12
Who can benefit from therapy?	12
Types of Therapy	12
So, how do I choose?	13
How does the process work?	13
Additional Resources	15
CWRU-Affiliated Resources	15
National Institutes of Health (NIH) Office of Intramural Training & Education (OITE)	15
National Alliance on Mental Illness (NAMI)	16
To Write Love on Her Arms	16
United Way 211 First Call for Help	16
Sexual Misconduct	17
LGBT Community Center of Greater Cleveland	17
Drug Addiction Services	17
Psychiatry departments at local hospitals	17
Open Path Psychotherapy Collective	18

Crisis Services

These are a variety of phone numbers that you can call if you or someone you know is in crisis. This is not a complete list, but we hope this list includes someone that can help for your specific needs.

1. 911 or local emergency departments
2. CWRU police 216-368-3333
3. CWRU 24/7 counselor on call 216-368-5872
4. 988 Suicide & Crisis Lifeline
 - a. Call or text 988 or chat at 988lifeline.org
5. National Hopeline Network: 1-800-SUICIDE (1-800-784-2433)
6. Frontline Services, Cuyahoga County (24-hour crisis hotline): 216-623-6888
7. Crisis Text Line: text 4HOPE to 741741 (can actually text any word, if one is unable to remember 4HOPE in the midst of a crisis)
8. IMAlive (online crisis chat): <https://www.imalive.org/>
9. Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline: 1-800-662-HELP (4357)
10. National Eating Disorder Association (NEDA) HelpLine: 1-800-931-2237, or text NEDA to 741741
 - a. Helpline phone hours are Monday-Thursday 11AM-9PM ET & Friday 11AM-5PM ET.
 - b. Helpline chat hours are Monday-Thursday 9AM-9PM ET & Friday 9AM-5PM ET. Chat available at: <https://www.nationaleatingdisorders.org>
 - c. Helpline text hours are Monday-Thursday 3PM-6PM ET & Friday 1PM-5PM ET.
 - d. For 24/7 crisis support, text 'NEDA' to 741741
11. LGBTQ Youth: The Trevor Lifeline (LGBTQ+): 1-866-488-7386 or text START to 678-678 or chat at: <https://www.thetrevorproject.org/get-help/>
12. LGBT National Hotline: 1-888-843-4564
13. Trans Lifeline: 877-565-8860
14. Physician Support Line: 1 (888) 409-0141
 - a. <https://www.physiciansupportline.com/>
 - b. Psychiatrists helping US physician and medical student colleagues navigate the many intersections of personal and professional lives.
 - c. Open Monday to Friday (except federal holidays): 8:00 AM - 12:00 AM ET
15. CWRU Reach Out App has a majority of resources and helpful guides built in- download today.
16. Talk Now through TimelyCare 24/7 support available.
 - a. <http://timelycare.com/cwru>

University Health and Counseling Services

Overview

University Health and Counseling Services (UH&CS) offers a variety of resources for the CWRU community. Throughout this section we provide a brief description of the UH&CS services available to MD/PhD students, as well as an explanation of what you can expect from utilizing these various resources.

Contact information

- i. Address: Sears Library Building, Suite 220
2083 Martin Luther King Jr Dr., Cleveland, OH 44106
- ii. Phone: 216-368-5872 (Available 24/7)
- iii. Office Hours: M-F 8:30 AM-5:00 PM; closed 12-1pm for lunch
- iv. myhealthconnect.case.edu

Individual Counseling Services

What it is: A course of individual counseling at UH&CS usually consists of a counseling session once every few weeks during which students collaborate with the counselor to create and implement strategies and tools to assist in achieving their goals. Students also collaborate with the counselor to discuss important aspects (such as, thoughts, behaviors, attitudes, emotions, and identities) related to the initial concern. These sessions take place with a UH&CS counselor and are scheduled in advance. They can be in person or virtual depending on the student's preferences. .

Is it right for me: Individual counseling is a great place to help you reflect, understand, and process your feelings, as well as figure out healthy coping mechanisms that work for you. Therapy can help those individuals who struggle with depression, anxiety, relationship concerns, identity development, eating concerns, adjustment concerns, and traumatic experiences.

How much does it cost: Counseling services through UH&CS are free to students. Currently, there is no pre-set number of sessions allocated to each student. However, UH&CS services are meant to be problem-focused and brief. They generally do not exceed 12 sessions in an academic year. Students seeking longer-term therapy or more frequent sessions will be assisted in locating appropriate community resources.

Time Commitment: Thirty minute or one hour counseling sessions usually occur once every few weeks, but this will be decided by you and your provider.

How do I get started: For any mental health service at UH&CS, students begin with a same-day (or next-day appointment), during which they meet with a counselor who will explore their current issues and concerns, assess for safety, and provide professional recommendations about services that may be a good fit for them. Students leave same day appointments with a treatment plan that may include a course of brief individual counseling, group counseling, skill-based workshops, referrals to other types of health or

mental health providers, or a combination of offerings. If individual counseling is part of the care plan, a student is then scheduled with the counselor that they will be seeing for on-going counseling. The counselor providing individual counseling services will likely be different from the counselor that was seen for the initial evaluation. Same day or next day appointments can be made through myhealthconnect.case.edu or by calling (216) 368-5872.

Group Counseling

What it is: UH&CS offers group counseling as well as skills or education based workshops. Students meet as a group with one or more clinicians to explore a specific topic and develop coping skills. UH&CS offers a variety of groups for student needs. The entire list of groups can be accessed [here](#). Group offerings vary each semester and additional groups may be developed depending on student interest and staff availability.

Is it right for me: Group therapy can be a productive and supportive way to address common concerns. It is important to know that group therapy is not just individual therapy in a group. The techniques and strategies focus on learning and growing within your community. Groups can act as a support network and other members can help put your own problems in perspective or come up with specific ideas for improving a difficult situation. Furthermore, your group can help hold you accountable throughout the process. Groups meet weekly and provide consistent support and accountability in reaching your goals.

How much does it cost: Group therapy through UH&CS is free with unlimited sessions.

Time commitment: Groups will typically meet once a week, and workshops may only meet for 2 or 3 sessions in total.

How do I get started: If you are currently meeting with a UH&CS counselor, speak to them directly about a referral to a group. If you are not already working with a UH&CS counselor, call 216.368.5872 for more information or schedule a same-day or next-day appointment through [myhealthconnect](https://myhealthconnect.case.edu).

Psychiatric Services

What it is: The primary role of a psychiatrist is to evaluate patient needs, recommend treatment, and prescribe and monitor psychiatric medications. These sessions are scheduled in advance; they can be in person or virtual depending on the student's preference and/or provider recommendation.

Is it right for me: Psychiatric medications can be effective for managing symptoms of mental health disorders. Whether or not you should utilize psychiatric medications should be discussed with your psychiatrist, and a decision should be made together.

How much does it cost: Seeing a psychiatrist at UH&CS is free of charge. The cost of any medications prescribed will be dependent on the student's insurance and the specific medication.

Time Commitment: Initial visits will be 40-60 minutes in length. Follow-up visits are also scheduled at regular intervals and are scheduled for 20-30 minutes. You will have regular follow-up throughout the duration of your treatment with medication(s).

How do I get started: Students must be referred to the psychiatrist by a UH&CS provider. A scheduled appointment is required to see a UH&CS psychiatrist; walk-in visits are not offered for this service. Students who are interested in medication should schedule a same-day or next-day appointment with Counseling Services to begin the evaluation. Please note that some psychiatric medications may be managed by UH&CS primary care providers, with psychiatry consultation as needed.

Timely Care (CWRU Care)

What it is: Online, 24/7 access to physicians and counselors who can treat and discuss a wide range of common conditions. After talking to you, the provider can determine the best course of treatment. Note: Timely Care can address both medical and counseling needs; psychiatry services are not offered through Timely Care. Furthermore, there are workshops and classes available on demand (eg. Yoga and meditation). Finally, the peer community is a safe space to anonymously express yourself and share your thoughts, feelings, and emotions.

Is it right for me: Depending on your needs, Timely Care likely offers something for you on-demand. Whether it be counseling, medical services, or wellness classes, Timely Care is available 24/7 through an app.

How much does it cost: Free to all enrolled CWRU students. Please note that individual counseling through Timely Care is also intended to be a brief, solution-focused course of therapy and will generally not exceed 12 sessions in an academic year.

Time Commitment: Dependent on the service requested.

How do I get started: To create an account:

1. Visit timelycare.com/cwrucare
2. Select 'Sign In' at the top of the page.
 - a. If using a mobile phone/tablet, you must download the TimelyMD app. After downloading the app, select "Sign Up for TimelyMD."
3. Set up an account using your case.edu email address (you must use your abc123@case.edu address) and your name as it appears on your student ID.
4. If prompted, click "Log in"

If you experience difficulties, please call TimelyCare at 833.484.6359 or email support at help@timely.md.

Additional Services

UH&CS offer a variety of other services which are listed below. More detailed information about these services can be found on the [UH&CS website](#).

1. [Prevention and recovery](#): Designed to support students in achieving their personal goals and living a healthy lifestyle including exploring the impact of their alcohol or other drug use, reducing risk involved and/or achieving sobriety and recovery.
2. [BIPOC Support Space](#): These are scheduled 30 minute, 1-on-1, confidential consultations for students searching for a safe outlet to discuss experiences on campus and beyond.
3. [Grief Resources](#): There are a variety of grief resources and grief services available online through UH&CS.

Frequently Asked Questions

How much does it cost?

- All University counseling services are free to students regardless of the type of health insurance you have.

Do I have a limited number of counseling sessions?

- There is not a pre-set number of sessions per student. Typically, individual counseling at UH&CS is geared towards a shorter time frame or to address a specific problem.
- Typically, individual counseling sessions through UH&CS occur around once every two to three weeks. If you are interested in more frequent individual sessions and/or long-term care, UH&CS counselors will help connect you with additional resources;
- Additionally, there are a variety of group counseling options, and skills-based workshops available that are focused on specific issues, needs, or support. Group counseling meets on a weekly basis. Counseling groups are organized around different topics and/or identities (e.g. grad students group, women's PhD group, etc). Please refer to the UH&CS website for a list of active groups and contact UH&CS for to join or request additional information.

Do I have to have Case's student insurance to access University counseling services?

- No, you do not have to have Case's student health insurance to access university counseling services or Timely Care.

How do I access University Counseling services?

- See "Accessing Counseling Services at University Health and Counseling Services" for a step by step guide and information on what to expect (Page 8).

Can I access my medication through UHCS?

- Yes, you can access medication through UH&CS. The process involves a discussion with your counselor and referral to a psychiatrist or UH&CS primary care provider.

Is there a quiet, private place on campus for virtual counseling visits?

- Yes, rooms are available in the Sears Building (where counseling services are located) and can be reserved when making your appointment.
- Phone number for scheduling appointments: (216) 368-5872
- Address: Sears Library Building, Suite 220, 2083 Martin Luther King Jr Dr., Cleveland, OH 44106

Finding Care: Step-by-Step Guides

University Health and Counseling Services

- **Schedule initial visit.** Typically, the first appointment will be scheduled within 24 hours (Monday - Friday) of your initial call. The goal of the first visit is to develop an individualized plan of care. In other words, the goal is to figure out what you're looking for and to match you with providers and services that will best address your needs. You can schedule appointments by calling or online:
 - a. **Call: (216) 368-5872**
 - i. When you call: say that you're interested in scheduling a counseling appointment. Tell them it is your first visit when asked and they will help you schedule your initial appointment.
 - ii. You can schedule in person or virtual visits.
 - iii. ***Note: If you cannot find an appointment time that fits your schedule, please call for additional scheduling support. The myhealthconnect website does not always show all available appointments. Same and next-day appointments open up 24 hours in advance (eg. 3 pm on Tuesday becomes available at 3 pm on Monday); students may want to check the website again throughout the day.***
 - b. Visit website: myhealthconnect.case.edu
 - i. >Click "Schedule or Check Into an Appointment" on the center of the screen or the "Appointments" tab on the left hand side of the screen
 - ii. > Click "Schedule Appointment"
 - iii. > Select "I would like to make an appointment"
 - iv. > Select "Counseling Services"
 - v. > Select "Same Day (General Counseling) appointment (or BASICS Alcohol and Drug appointment only)"
 - vi. > Type the reason for the appointment (i.e. therapy interest)
 - vii. > Enter call back number
 - viii. > Enter in demographic information
 - ix. > Can see appointments
 - x. ***Note: If you do not see any appointments, please call (216) 368-5872. There may be other appointments available that are not visible on myhealthconnect.***
- **Prior to your first visit.** You will have to fill out 2 brief questionnaires to assess your needs and give the counselor a general sense of what you're looking for.
 - i. These will be available on myhealthconnect under "Surveys Forms"/ "Complete a Survey" and/or "Appointments" (with a questionnaire option)
- **What to expect during your first visit.**
 - a. Students meet with a counselor to discuss their current needs. The counselor will offer recommendations about UHCS services to develop an individualized plan of care that may include individual counseling, group therapy, workshops, referral to additional providers, or some combination of these services.

- b. During your same-day visit, your provider will inquire about any preferences you have regarding identities of your ongoing counselor, and in-person or virtual appointment options.
- c. During your same-day visit, you will be scheduled with a provider who fits your preferences and schedule. The initial counselor will schedule your first appointment with the best matching counselor.
 - i. Students are typically able to meet with their providers every 2-3 weeks.
 - ii. If you desire more frequent appointments (i.e. weekly individual sessions), there are additional options (see below).
 - iii. If you feel that your assigned provider is not a good fit for you, for any reason, please contact UC&CS by phone, email, or myhealthconnect message to the same-day provider you worked with. You can easily switch counselors at any time.
- d. Group therapy can be an important part of individualized treatment plans for grad students as groups meet weekly. In group therapy, you gain both the professional support of a provider facilitating the group and peer support from other students who are managing a similar experience. You can be in both group and individual therapy at UH&CS.
 - i. If you are interested in a group, some require a brief group evaluation to ensure that the group you are interested in will be the right fit for you. Other groups are skills-based and do not require a group evaluation. Some possible groups include
 - 1. Graduate Student Group
 - 2. Students of Color Group
 - 3. In the Company of My Sisters (BIPOC Women's Group)
 - 4. LGBTQ+ Group
 - 5. Women's PhD Group
 - 6. Interpersonal Process Group
 - 7. Grief Support
 - 8. Support for Supporters
- e. If you find that you are in need of more frequent counseling appointments, UH&CS can support you with referral coordination and meet with you while you are getting connected to a community provider.
- f. **Note:** You can also always schedule additional same day appointments as needed if anything comes up:

For additional information, please check out

- a. [UH&CS website](#)

Non-CWRU Counseling and Psychiatry

Local In-Network Mental Health Provider through your Insurance Company

1. There will be an 800 number on the back of your insurance card to call for "mental health benefits." If this number is not available, look for a "member services" phone number.
 - a. When the phone operator answers your call, they will ask for your ID number off the front of the card. Ask the operator what your "outpatient mental health benefits" are.
 - b. They will tell you if you will owe a deductible or co-payment for visits, and how many visits you will be allowed per year. Then, ask the operator for a listing of names of therapists and/or psychiatric services in the ZIP code of 44106 or your local ZIP code.
 - c. Make sure you get more than one or two names, as you may need to call several providers. The operator may also give you a website where you can look up the information.
 - d. Additionally, you can also explore resources such as Psychology Today (see below) and filter by insurance plan or directly contact providers and ask about insurance coverage, if the information is not available on their websites.

Psychology Today (www.psychologytoday.com)

1. This website is extremely helpful in finding local mental health providers, as well as learning more about ones that you find through your insurance company.
 - a. Many mental health providers have profiles where you can learn more about their practice and approaches. There is also information about in person, or telehealth options as well as if the provider is accepting new patients.
 - b. You can filter results with many different criteria including insurance, zip code, specialties/areas of expertise, gender, etc.
2. When arriving at the website
 - a. First search by zip code and then by your health insurance (University health insurance is Aetna)
 - b. Under the "Issues" tab, you can pick specific things that a therapist may specialize in, if you are dealing with something specific. (e.g. ADHD, relationship issues, grief, etc.)
 - c. There are many different types of therapy. Many therapists do multiple types of therapy, but if there is a specific type you are looking for, select it under the "Types of Therapy" tab.
 - d. Under the "More" tab you can specify if you want your therapist to be well versed in issues faced by people with a certain identity, including ethnicity, sexuality, faith based therapy etc..
 - e. Therapists will have a profile with their information, specialties, and description of their approaches.
 - f. Once you have chosen a therapist that you would like to work with, follow their specific directions on how to make an appointment. Each provider has their own process which may range from phone consultations prior to first visit or calling their practice directly.

Cleveland area therapists commonly used by our students:

Dr. Terry Tobias, PhD and Associates

(Dr. Leighann Forsyth, PhD, Amy Weisberg-Whitehead LISW, etc)

12429 Cedar Rd Cleveland Heights, OH 44106

(216) 877-8683

Ebb and Flow Counseling Services

<http://www.ebbandflowcounseling.com/>

Phone:(216)543-5232 , Email: hello@ebbandflowcounseling.com

- Multiple locations and telehealth appointments available
- Has late night and weekend hours available
- Accepts our health insurance (30\$ copay after you have met deductible)

Circle Health Services, Uptown

12201 Euclid Ave. Cleveland, OH 44106

(216) 721-4010

<http://www.circlehealthservices.org/>

- Accepts most major insurances as “in-network”
- Specialization in trauma services and victims of crime services
- Can provide psychiatric medication management in conjunction with counseling care
- Provides mental health appointments on nights and weekends

Partners for Behavioral Health and Wellness

(216) 342-5496

www.bhwpartners.com

- May offer night and weekend hours
- Beachwood and Brecksville locations

UH Psychiatry

W.O. Walker Building 10524 Euclid Ave. Cleveland, OH 44195

(216) 844-2400

<https://www.uhhospitals.org/services/psychiatry>

- Accepts most major insurances as “in-network”
- Can provide counseling care and/or psychiatric medication management (do NOT have to be in conjunction with each other)
- Night and weekend appointments may be available

Recovery Resources

3950 Chester Ave. Cleveland, OH 44114

(216) 431-4134

<http://www.recres.org/>

- Accepts most major insurances as “in-network”
- Can provide psychiatric medication management in conjunction with counseling care (must receive both services in-house)
- Night and weekend appointments may be available

Student Guide: I'm new to therapy, what can I expect?

Who can benefit from therapy?

The short answer is everyone.

Therapy is personalized and flexible. Therapy addresses an individual's needs, desires, and life events as they arise. What you want to work on can vary widely week to week, or month to month. The frequency in which you go, the types of therapy you use, and even the location (virtual, in person, etc.) can be changed even when you stick with the same therapist. Therapy is your designated time and space to work on yourself- whatever that means to you.

Types of Therapy

Therapy is different for everyone, but there is a common goal of putting in work for emotional and personal self-betterment. There are many different forms of therapy, a few of which are described below:

1. Psychodynamic Therapy:

Psychodynamic therapy focuses on identifying patterns of thoughts or behaviors, and is usually a long-term treatment approach. This form of therapy looks to identify subconscious associations/triggers that explain your behaviors and mental state.

2. Behavioral Therapy: Changing behaviors

Behavioral therapy is an action-focused treatment regimen that focuses on reconditioning reactions, often (but not exclusively) related to phobias and compulsions.

3. Cognitive Behavioral Therapy (CBT): Changing behaviors + thoughts

CBT approaches can be very effective for a wide variety of mental health issues. CBT helps individuals recognize unhelpful ways of thinking and behaviors and offers them specific strategies and exercises to help identify, understand, and replace these thinking and behavior patterns with healthier ones. CBT often goes hand in hand with Dialectical Behavior Therapy (DBT) where you learn how to better emotionally regulate yourself.

Note: This approach often comes with homework in the form of exercises to practice outside of therapy sessions. These practices help individuals develop their own coping skills, so that they are better equipped to identify and change their unhealthy patterns of thought and behavior.

4. Humanistic Therapy: A patient-centered approach

Humanistic therapy is based on the idea that the patient has the best understanding of themselves and what they need. This approach is more self-directed where the therapist acts as a source of support and validation for the patient's experiences.

5. Acceptance and Commitment Therapy (ACT): Action-oriented approach

ACT encourages people to embrace their thoughts and feelings rather than fighting or feeling guilty about their emotions. ACT is based on the concept that suffering is a natural and inevitable condition for humans. Therefore, this process provides a framework for developing psychological flexibility and facing problems head on. The six core processes of ACT are acceptance, cognitive defusion, being present, self as context, values, and committed action.

So, how do I choose?

Depending on what you want help with, one or multiple types of therapy may be a good fit for you. Luckily, most therapists will specify on their PsychologyToday profiles or websites what they specialize in- both by mental health area and therapy type. However, most therapists will employ a variety of techniques as there are many strategies beyond what we have listed in this guide.

For example, Dr. Jane Doe may specialize in interpersonal relationships, trauma, depression and anxiety, and offer CBT/DBT, psychodynamic therapy, and exposure therapy (a type of behavioral therapy).

If you have experience with therapy and know what works for you, great! If not, that's okay too- you can always reach out to a potential therapist and explain what you are looking for (what kinds of problems, your experiences with therapy, if any). They will know what they are comfortable helping with and can direct you to someone else in their practice/network if needed.

Also check out the following link for more information:

<https://www.healthline.com/health/types-of-therapy#choosing>

How does the process work?

As mentioned above, individualized therapy plans will vary depending on what issues you are trying to address and what types of therapy techniques are used. In general, there are a few things to keep in mind when getting started:

1. Find the therapist that is the right fit for you.

Especially when you first start therapy, it can be helpful to “shop around” in your insurance network to find the right fit. Not every therapist will be the right therapist for you. Personality, location, therapy strategies, etc. all play into whether a therapist is a good fit for you. The only person who can tell you if your therapist is a good fit is you.

A good rule of thumb is that you should feel like you can share anything with your therapist. Ideally, you want to have someone who you feel comfortable asking for help on any number of issues in your life- and that means anything and everything should be fair game. If your therapist isn't someone that you feel like you can share anything with, then that's not the right person. It's perfectly fine to switch providers at any time. It's all about finding the best match for you and your goals.

2. There is often an intake appointment

Any time you start with a new therapist, the first step in your therapeutic journey is often a “get-to-know-you” appointment. At University Counseling Services, the intake appointment actually occurs before you are given a therapist to try and they help you find the right fit.

Either way, this means that the initial appointment will be focusing on summarizing where your life is right now, and what key areas you want to focus on (i.e. “What drew you to therapy?”). This is an important conversation, so that you and your counselor are on the same page regarding your treatment goals and intentions.

This process can be challenging for some students. Talking about the things that have brought you to therapy may be emotional or painful, and that’s okay! Remember that you are doing this for you, and that this is just the first appointment. You already did a lot of the hard-work to get to this appointment, so stick with it! You got this!

Note that the goal for this appointment is NOT to process any of the trauma or personal history that comes up during this chat. But, if certain things that you mention are more important for you to cover in depth in later sessions, be sure to point that out! You get to prioritize what issue(s) you want to address first as you move forward.

3. Therapy is hard work.

Therapy is hard work. You may not see the benefits of therapy immediately, but stick with it. If you are committed to trying therapy out, give yourself a few sessions to get into the flow of things. Then, listen to your instincts! Only you can decide if you want to stay with your therapist or with therapy in general. Reflect on what you need and advocate for it. You can keep trying different approaches and providers until you find what works best for you.

Additional Resources

Note: This list provides a mix of in-person and virtual/online support.

CWRU-Affiliated Resources

- ❖ [Office of Multicultural Affairs](#)
- ❖ [LGBT Center](#)
- ❖ [Interreligious Council](#)
- ❖ [Women's Center](#)
- ❖ [Disability Resources](#)
- ❖ [Office of Equity/Title IX](#)

National Institutes of Health (NIH) Office of Intramural Training & Education (OITE)

- The NIH OITE offers a series of webinars and small group discussions meant to help trainees develop the confidence and resilience needed to navigate challenging situations in school, work, and life. Currently the series consists of five webinars.
 - An Introduction to Resilience and Wellness
 - Exploring our Self-Talk: Cognitive Distortions and Imposter Fears
 - Self-Advocacy and Assertiveness for Scientists
 - Developing Feedback Resilience
 - Managing Up to Maximize Mentoring Relationships
- The NIH OITE also offers a seminar series covering the mental health and well-being of biomedical researchers. Their goal is to increase awareness and provide coping strategies and tools to help participants support their own mental health and that of others. Examples of topics are below
 - Culture Change and Wellness
 - Trauma and its Workplace Impacts
 - Self-Awareness Strategies for Positive Mental Health

- Perfectionism
- Addressing Avoidant Numbing Behaviors: Breaking Unhelpful Habits
- Suicide Awareness and Response
- Find the schedules and more at the links below!
 - [Resiliency Series](#)
 - [Seminar Series](#)

National Alliance on Mental Illness (NAMI)

- Nation's largest grassroots mental health organization dedicated to improving the lives of persons living with serious mental illness and their families
- Information and resources available through NAMI Greater Cleveland can be found at <https://namigreatercleveland.org/> or by calling 216-875-7776
- Offers free, community-based support groups for people who have lived experiences with mental illness: <https://namigreatercleveland.org/support-groups/peer-support-groups/>
 - Will hopefully be starting a student support group soon
- Multicultural Outreach Program (targets the mental health needs of the African American and Hispanic/Latino communities): <https://namigreatercleveland.org/support-groups/multicultural-outreach/>

To Write Love on Her Arms

- Non-profit organization which aims to present hope for people struggling with addiction, depression, self-injury and thoughts of suicide while also investing directly into treatment and recovery
- Can be connected to resources at <https://twloha.com/find-help/>

United Way 211 First Call for Help

- United Way 2-1-1 Help Center provides free and confidential 24-hour access to a compassionate professional who will review your options for help, develop a plan and act as your advocate if you are faced with barriers to service
- Call 211 or visit <https://www.211oh.org/>

Sexual Misconduct

- National Domestic Violence Hotline: 1-800-799-7233
- Cleveland Rape Crisis Center: 216-619-6192
 - 24-hour crisis and support hotline
 - Victim assistance during criminal justice process
 - Individual counseling for survivors and their loved ones
 - Support groups
- National Sexual Assault Hotline: 1-800-656-4673

LGBT Community Center of Greater Cleveland

- <https://lgbtcleveland.org/>

Drug Addiction Services

- [University Hospital Addiction Treatment Center](#)
- Find a [Narcotics Anonymous](#) meeting
- Alcoholic Anonymous: 216-241-7387, Also see:
<https://alcoholicsanonymous.com/aa-meetings/ohio/cleveland-ohio/>
- Al-Anon (support for caregivers/loved ones of someone with alcohol use disorder):
216-621-1381

Psychiatry departments at local hospitals

- University Hospitals Cleveland Medical Center (UHCMC): 216-844-2400
- Cleveland Clinic: 216-636-5860
 - Can also [chat online](#) with a representative at
- Metro Health: 216-778-4428

Open Path Psychotherapy Collective

- An initial \$59 lifetime membership fee provides access to in-person and telehealth psychotherapy sessions with therapists across the country. Sessions are between \$30 to \$60 each.
- <https://openpathcollective.org/>