TUCK MENTAL HEALTH & WELLNESS INITIATIVE

Tuck MHWI acts as an advocate for mental health and wellness resources for the community and helps advance a culture of mental health awareness for a stronger Tuck Fabric.

SCHEDULE A COUNSELING APPOINTMENT

Counseling Center: (603) 646-9442
Phones are staffed M-F | 8 a.m. – 4 p.m. ET

The first appointment at the Counseling Center is called a Triage appointment. The Triage appointment is a phone conversation with a counselor where they assess the nature and urgency of a student’s concern and identify the most appropriate next step which could include short-term counseling, group counseling, a referral to one of our workshops, or a referral to a community counselor.

CRISIS MENTAL HEALTH SERVICES

The Counseling Center offers 24-hour crisis (emergency) services for enrolled students or for those who are concerned about an enrolled student. A crisis might involve:

- Thoughts and/or plans to hurt yourself or someone else
- Engaging in a behavior that is life-threatening
- If you have been assaulted, physically or sexually
- Concern for a friend

Call (603) 646-9442 between 8 a.m. – 4 p.m. ET | M-F
Outside of regular hours, call Department of Safety & Security: (603) 646-4000

DARTMOUTH STUDENT WELLNESS CENTER

Visit online resources from the Dartmouth's SWC, including Relaxation Downloads, Refresh Sleep Improvement Program, Alcohol & Other Drug Self-Assessments and related resources and downloads, as well as downloadable Stall Street Journals. Check back at our website for more virtual offerings throughout the term!
Mental Health Matters

TUCK MENTAL HEALTH & WELLNESS INITIATIVE

NATIONAL RESOURCES

National Suicide Prevention Lifeline: 800-273-8255 / https://suicidepreventionlifeline.org/

National Sexual Assault Hotline (RAINN): 800-656-4673 / https://www.rainn.org/


The Trevor Project (Provides crisis intervention and suicide prevention to the LGBTQ community): 866-488-7386 / https://www.thetrevorproject.org/

RESOURCES AT TUCK

MBA Program Office (MBAPO), mba.program.office@tuck.dartmouth.edu

Tuck COVID-19 updates, tuck.dartmouth.edu/covid

Tuck Student Board, clubs.tuck.dartmouth.edu/student_board/

Tuck Diversity, Equity & Inclusion tuck.diversity.equity.inclusion@tuck.dartmouth.edu

Tuck Peer Support Counselors Program https://tuckschool.sharepoint.com/sites/Wellness/SitePages/Peer-Support-Program.aspx

HEADSPACE

Dartmouth offers free access to the app Headspace. Headspace uses clinically-researched techniques for meditation to improve mindfulness, stress levels, sleep patterns and more.

Visit Tuck’s Peer Support Counselor Program