Mental Health Resources for Graduate Students
Updated August 2023 by Betsy Parkinson

On Campus Options
- **CAPS**
  - Provides students with an opportunity to explore concerns and problems in a **confidential** setting.
  - Team consists of a multidisciplinary team of mental health professionals who deliver accessible, culturally competent, and high-quality psychological services to Purdue students.
  - Has enhanced services over the past few years including increased staffing, new flexible and accessible services, and expanded campus-based prevention programming and partnerships (see CAPS flyer)
  - Informational video about CAPS: [https://www.youtube.com/watch?v=KTn7b1uJJeC](https://www.youtube.com/watch?v=KTn7b1uJJeC)
  - Website with more information about CAPS: [https://www.purdue.edu/caps/about/faq_caps/index.html](https://www.purdue.edu/caps/about/faq_caps/index.html)
  - Phone number: 765-494-6995
  - Some of the options at CAPS (all are free)
    - Short term individual therapy—help you either overcome the issue, gives resources for you to address the issue, or gives you a referral to an outside therapist
    - Group therapy—as many as you want to attend; there are Grad student specific ones (see [https://www.purdue.edu/caps/services/group_therapy/grouplistings.html](https://www.purdue.edu/caps/services/group_therapy/grouplistings.html))
    - Referral to outside therapist—CAPS can help you to identify an outside therapist covered by your insurance
    - Let’s Talk—not formally therapy (see [https://www.purdue.edu/caps/services/outreach/drop-in_programs.html](https://www.purdue.edu/caps/services/outreach/drop-in_programs.html) and Let’s Talk flyer)
- **Purdue Psychology Treatment and Research Clinics**
  - A training and research facility for the Clinical Psychology program at Purdue University. Staff members are qualified psychologists in-training who are supervised by faculty from the Clinical Psychology graduate program.
  - More information at [https://hhs.purdue.edu/about-hhs/community-resources/clinics/psychology-treatment-and-research-clinics/](https://hhs.purdue.edu/about-hhs/community-resources/clinics/psychology-treatment-and-research-clinics/)
  - Phone number: 765-494-6977
  - $25 for the first session. Fees for any additional assessment and treatment are determined on a sliding-scale basis, according to your ability to pay.

Off Campus Options
- **Teladoc**
  - Psychologists/therapists provide talk therapy
  - Mental health visits through Teladoc are covered at 100 percent and are FREE on the Purdue student health plan.
  - Extended hours (7 am – 9 pm, 7 days a week)
  - [https://www.purdue.edu/hr/Benefits/gradstaff/](https://www.purdue.edu/hr/Benefits/gradstaff/)
- **Apps**
  - iPhone: Better Help
  - Android: Grow Therapy
- **Other options outside Purdue**
  - See [https://www.chem.purdue.edu/health/prof.html](https://www.chem.purdue.edu/health/prof.html) for list of local mental health providers
  - [https://purdue.thrivingcampus.com/](https://purdue.thrivingcampus.com/) and [https://www.psychologytoday.com/us](https://www.psychologytoday.com/us) and [https://findtreatment.gov/](https://findtreatment.gov/) are other good places to search

Crisis Resources
- **Note:** Call these if you feel like you are in crisis. In crisis means different things for different people.
- **CAPS:** (765)-494-6995 (then 1 if outside normal business hours)
- **Local crisis center** ([https://mhawv.org/crisis-center/](https://mhawv.org/crisis-center/)): Call or text (765)-742-0244
- **988 Suicide and Crisis Lifeline:** Call 988 or [https://988lifeline.org/](https://988lifeline.org/)
- **Call Blackline (BIPOC crisis line):** Call or text 1 (800) 604-5841 (will NOT share with law enforcement); [https://www.callblackline.com/](https://www.callblackline.com/)
- **Trevor Project (LGBTQ crisis line):** Call 1-866-488-7386 or online instant messaging [https://www.thetrevorproject.org/get-help/](https://www.thetrevorproject.org/get-help/)

Other resources
- ACS Webinar: Demystifying Mental Health Support: [https://www.youtube.com/watch?v=RDXMe5BAaGg](https://www.youtube.com/watch?v=RDXMe5BAaGg)
- CAPS online resources: [https://www.purdue.edu/caps/resources/digital-resources/index.html](https://www.purdue.edu/caps/resources/digital-resources/index.html)
- COREC Wellness center: [https://www.purdue.edu/recwell/fitness-wellness/wellness/index.php](https://www.purdue.edu/recwell/fitness-wellness/wellness/index.php)
- GSAB mental health committee: [https://www.chem.purdue.edu/gsab/committee.html](https://www.chem.purdue.edu/gsab/committee.html)