

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>
 - Website with more information about CAPS: 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/grouplistsings.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 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/>
 - 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/>
- **Apps**
 - iPhone: Better Help
 - Android: Grow Therapy
- **Other options outside Purdue**
 - See <https://www.chem.purdue.edu/health/prof.html> for list of local mental health providers
 - <https://purdue.thrivingcampus.com/> and <https://www.psychologytoday.com/us> and <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/>): Call or text (765)-742-0244
- **988 Suicide and Crisis Lifeline:** Call 988 or <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/>
- **Trevor Project (LGBTQ crisis line):** Call 1-866-488-7386 or online instant messaging <https://www.thetrevorproject.org/get-help/>

Other resources

- ACS Webinar: Demystifying Mental Health Support: <https://www.youtube.com/watch?v=RDxMe5BAaGg>
- CAPS online resources: <https://www.purdue.edu/caps/resources/digital-resources/index.html>
- COREC Wellness center: <https://www.purdue.edu/recwell/fitness-wellness/wellness/index.php>
- Chemistry mental health website: <https://www.chem.purdue.edu/health/index.html>
- GSAB mental health committee: <https://www.chem.purdue.edu/gsab/committee.html>