

Emotional Distress

If a person's emotional distress is life-threatening, call [UMass Boston Police](#) at 617.287.7777.

Students

Being a student is not always easy, and there is no need to suffer alone. Anyone experiencing emotional distress should seek the services of the [University Health Services Counseling Center](#) at 617.287.5690.

If you are a student, staff, or faculty member concerned about a student's well-being, please see the [Dean of Students' website](#) for more information about how to help connect that person with the resources they may need. Contact them at 617.287.5800

Employees

Employees in emotional distress can access mental health resources through the [Office of Human Resources](#), 617.287.5150. Anyone concerned about an employee's well-being should reach out to Human Resources and report their concern.

- [Are you concerned about a distressed student?](#)
- [Student Code of Conduct](#)