

We're here for YOU!

We know that some members of the community are feeling greater stress than usual right now, and UMass Boston is here to support you. Consider using the resources below or sharing them with a friend.

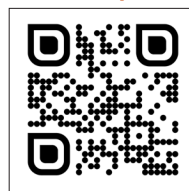
24/7 Medical and Counseling Support



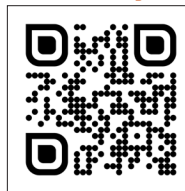
University Health Services supports your medical needs and your mental health. Help is always available. Call **617.287.5660**.

Faith-Based Groups

Student Groups

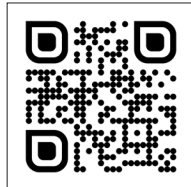


Campus Ministry



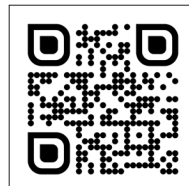
Find support through our diverse student faith-based groups, including Christians on Campus, Hillel, and the Muslim Student Association, in addition to the Interfaith Campus Ministry.

Counseling Center Groups



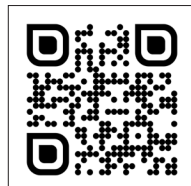
Scan the QR code and click on "Our Services" for a list of group counseling options.

Report a Bias-Related or Hate Incident



Scan the QR code and click on "File a Complaint."

Virtual Mental Health Peer Support Community



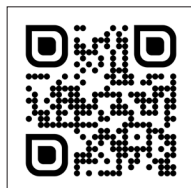
You are not alone. Find peer-to-peer support through the Togetherall online community.

Identity-Based Support



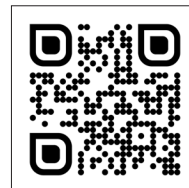
Our All of Us webpage is a growing hub of identity-based resources.

The Dean of Students Office



Make use of this central resource to help you navigate academic, personal, and social challenges.

Concerned About a Friend?



If you have a friend who is in crisis or displaying unusual behaviors, submit a Care Case Management Referral.

For more information, visit umb.edu/support or contact vcasa@umb.edu.

If you are experiencing an emergency, call 911.