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