Checking In on 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**.

Counseling Center Groups

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

Virtual Mental Health Peer Support Community

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

The Dean of Students Office

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

Faith-Based Groups

Student Groups

Campus Ministry

Find support through our student faith-based groups, in addition to the Interfaith Campus Ministry.

Report a Bias-Related or Hate Incident

Scan the QR code and click on “File a Complaint.”

Identity-Based Support

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

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**.

If you are experiencing an emergency, call 911.

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