



MENTAL



# HEALTH GUIDE

01



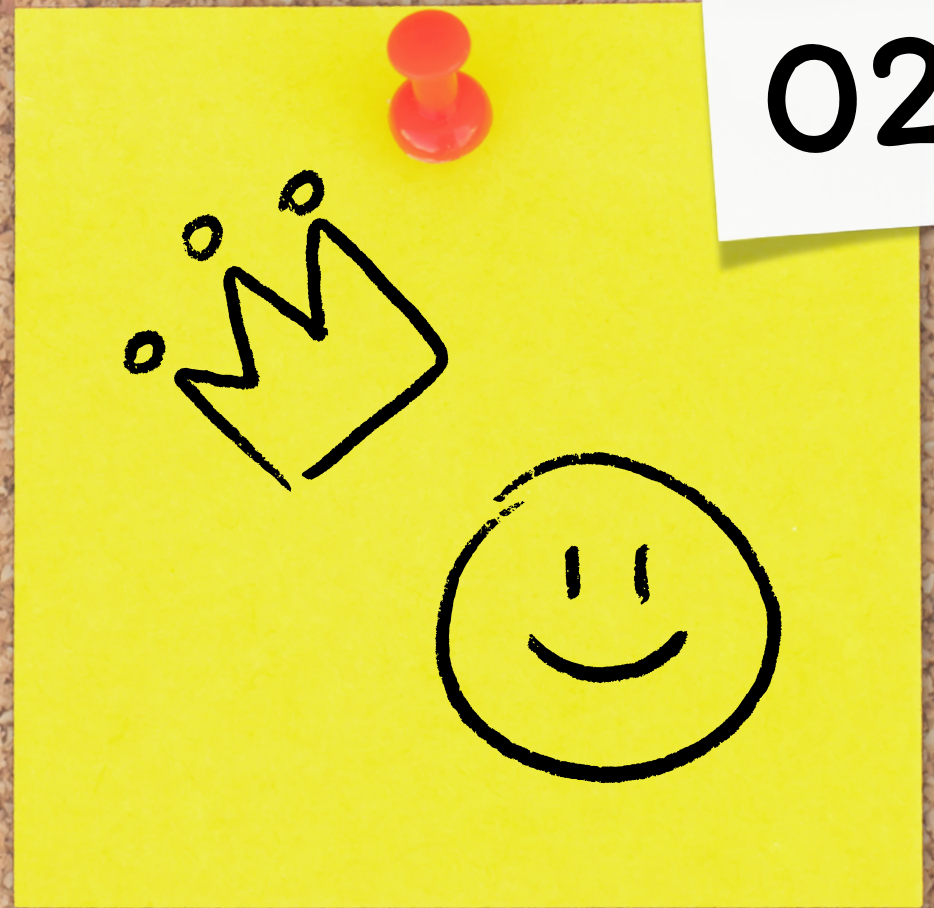
## Mental Health Resources

Learn all about the mental health resources available to you here at HLS and also how to find a therapist not affiliated with the university.

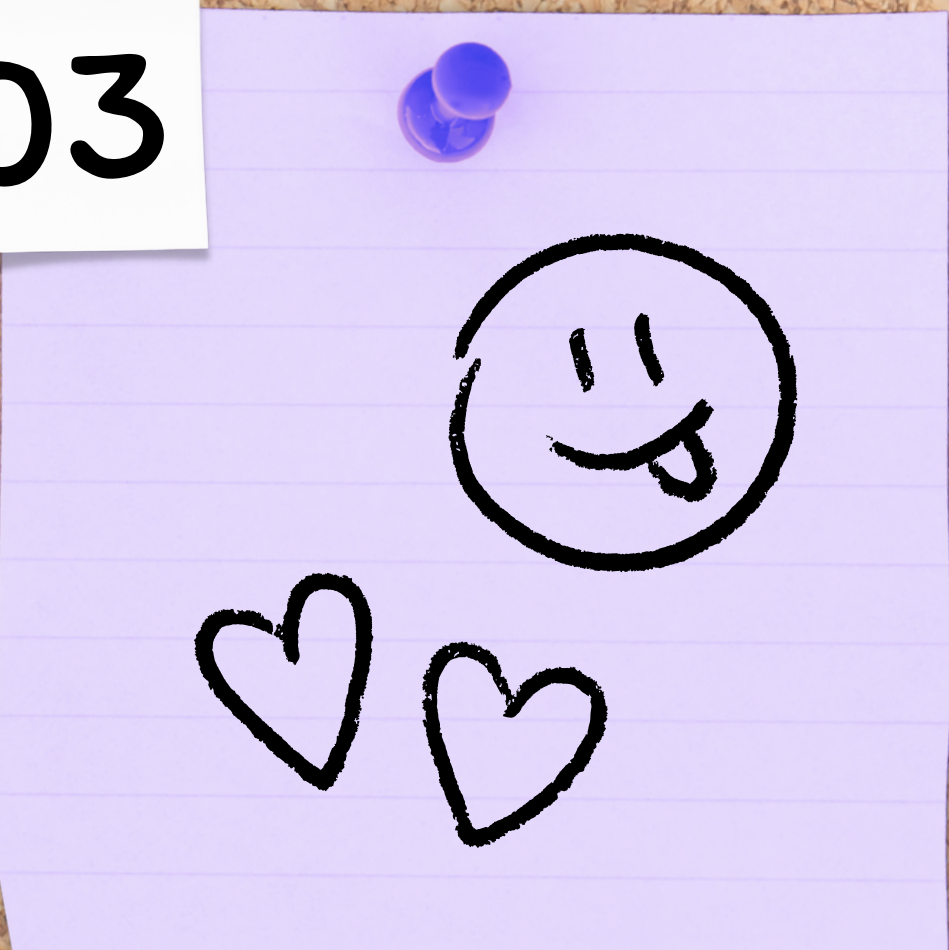
## Physical Health Resources

Our physical health is often connected to the quality of our mental health. Learn how to get some movement in both at Harvard and in the greater Cambridge area.

02



03



## Mindful Hobbies

Everyone needs a break from the case-reading some time. Learn about some hobbies you can engage in to calm your mind and resist cortisol spikes.

# 01 MENTAL HEALTH RESOURCES

## At HLS:

- CAMHS Cares - This a 24/7 mental health support line for students. Call 617-495-2042 if you need support.
- CAMHS Cares Mental Health Event Calendar - CAMHS offers a wonderful array of virtual events geared at supporting mental health, every semester. See what's up next on their calendar!
- TimelyCare - Everyone who pays the Student Health Fee has FREE access to the TimelyCare app for virtual therapist appointments and other mental health resources.

## Outside of HLS:

Call the CAMHS line at 617-495-2042 if you would like to be connected to a therapist that is unaffiliated in the school. The folks at CAMHS are in touch with therapists in the area who are taking new clients and will give you a list of available unaffiliated options to explore and find your perfect fit.

## 02 PHYSICAL HEALTH RESOURCES

### At Harvard:

- Harvard Recreational Facilities - This is a one stop shop for all of Harvard's gyms and sports facilities.
- Harvard Center for Wellness and Health  
Promotion in the Smith Center - \*psst\* with BCBS insurance you can get the cost of acupuncture services covered!
- Join a Harvard Intramural Team

### Outside of HLS:

- F45 Brattle Street (7 day free pass for beginners)
- Breathe Cambridge
- Thrive Forever Pilates
- Down Under School of Yoga (inside Life Alive Organic Cafe)

03

## MINDFUL HOBBIES

### At Harvard:

- Attend Harvard orchestra events
- Join Harvard ensembles
- Visit the Harvard Art Museums

### Outside of HLS:

- Paint pottery at Made By Me
- Get a student pass to Boston's museums
- Get a public library card