

Geisel's Well-Being Resource Guide

supporting
student growth
and
development

Created by the Office
of Student Life



This Well-Being Resource Guide intends to promote well-being and community among ALL Geisel Students (MD, MPH and MS Programs). Our students' mental health and well-being are paramount. The Student Life team's work with students spans a broad range of topics: career exploration and advising, personal concerns and support, student academic success and the transition to the rigors of graduate school, just to name a few.

Please contact us if there's any other resources or topics that you would like to see included

Geisel.Office.Student.Life@dartmouth.edu, 603-650-1509

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Resources and Support

Mental Health & Counseling

- **Case Manager, Student Well-Being:** Erin Anderson
 - 603-646-5961, Erin.E.Anderson@dartmouth.edu, Remsen 310A
- Counseling Center at Dick's House: 603-646-9442
- Geisel Counseling:
 - 603-653-0045
- UWill

Learning Environment & Mistreatment

- Michelle Sunday
 - Michelle.M.Sunday@dartmouth.edu

Academic Success and Accommodations

- **Academic Advising:** Dr. Graham Knight
 - Graham.R.Knight@dartmouth.edu, Remsen 310C
- **Accessibility & Accommodations:** John Caldora
 - John.B.Caldora.II@dartmouth.edu, Remsen 310B

Sexual Misconduct

- Geisel's Title IX Rep: Dr. Taryn Weinstein
 - 603-646-5600, Taryn.C.Weinstein@dartmouth.edu, Remsen 306 Suite

Health Services

- Visit Dartmouth College Health Service at Dick's House
 - 603-646-9440





Important Campus Numbers

- **Geisel On-Call: 603-650-1509**
- **Associate Dean of Student Life: 603-646-5431**
- **Director of Student Life: 603-646-5600**
- **Dr. Lyons: 603-646-5571**
- **Dr. Dick: 603-646-5557**
- **MPH/MS Admissions: 603-646-5834**
- **Director of DICE: 603-650-1553**
- **Safety & Security: 603-646-4000**
- **Tucker Center: 603-646-3780**
- **Dartmouth's Health Insurance: 603-646-9438**

State and National Crisis Information

National Suicide & Crisis Lifeline
Call/Text 988

Provides 24/7, free and confidential support for people in distress, prevention and crisis resources

National Sexual Assault (RAINN) 800-646 and Domestic Violence Hotline
800-799-7233

A safe, confidential service - only first six numbers of phone number are used. 24/7/365

Love is Respect **866-331-9474**

National dating abuse helpline

Substance Abuse and Mental Health Services Administration
800-662-HELP (4357)

Confidential, free, 24/365 information service in English/Spanish

NH Statewide Crisis Line
211

Confidential, 24/7, judgement free. Get Connected. Get Answers.

Poison Control **800-222-1222**

Provides poison expertise and treatment advice by phone

Veteran's Crisis Line **Call 988, press 1 or text 838255**

You don't have to be enrolled in VA benefits or health care to call - you're not alone.

Crisis Text Line - **Text HOME to 741741** for free 24/7 support

Crisis Text Line is here for any crisis. A live, trained Crisis Counselor receives the text and responds, all from a secure platform.



Geisel On-Call

Office of Student Life Number
603-650-1509

For *Urgent Crisis Matters After Hours*, call the number above and Press 1 to reach the Dean On-Call

Call 911 for emergencies!

For crisis matters during regular work hours (8:00 a.m. – 4:00 p.m., Monday-Friday):

- Call the Office of Student Life - 603-650-1509 and Press 0 to reach Safety and Security
- Or the Case Manager, Erin Anderson – 603-646-5961

Community Based Resources

Mental Health

Counseling Associates

Bodhi Counseling Services

Enhance Health (CBT)

Thriving Campus (search platform for therapists in the area)

ALL Together (substance misuse and suicide)

Hanover Psychiatry

Food/Housing

Upper Valley Haven

Dartmouth Real Estate Office

LISTEN Food Pantry

NH Food Map

Facebook Groups

Upper Valley (VT/NH)

Other

Substance Use Treatment in the Upper Valley

WISE (866-348-WISE)



Yoga Studios, Gyms & Other Spaces

[Might Yoga](#)

[Hanover Yoga](#)

[Upper Valley Yoga](#)

[The Studio](#)

[Open Door](#)

[reGROWth Wellness](#)

[River Valley Club](#)

[CCBA](#)

[Anytime Fitness](#)

[Upper Valley Aquatic Center](#)



[Dartmouth Wellness](#)

[Resources Map](#)

[Community Spaces at](#)

[Geisel](#)