

NUhelp

NUhelp is a guide to navigating Northwestern's wellness, safety, and crisis resources, whenever students may need them.



[Northwestern.edu/nuhelp](https://northwestern.edu/nuhelp)

A Roadmap to Northwestern's Mental Health & Wellness Resources

Finding and choosing the right resource may seem overwhelming. Below are details on Northwestern's key resources for students. Everyone's wellness journey is different, and we encourage you to access the resources that feel right for you.

"I'd like to explore wellness on my own."

SELF-EXPLORATION

Wellness @ Northwestern

Explore holistic well-being through the Eight Dimensions of Wellness.

TimelyCare

Download to access a digital library of self-help guides.

Mindfulness

Sign up for meditation workshops and group practice.

Substance Use

Visit the AOD website for educational resources on alcohol and other drugs.

Sleep Tracking

Download the RISE sleep app.

White Light Therapy

Call **847.467.2607** to book an appointment.

FITNESS

NU Recreation

Join for free.

On-Demand Group Exercise

View the NU Recreation YouTube channel.

PAWPRINT

Find more programs and events in the weekly student newsletter.

"I'd like to discuss a mental health or wellness concern 1:1 with a professional."

MENTAL HEALTH

CAPS

Call **847.491.2151** to initiate services with CAPS in Evanston or Chicago.

TimelyCare

Download for 1:1 counseling, TalkNow on-demand service, and group sessions from anywhere. TalkNow is the only service available abroad.

PHYSICAL HEALTH

Northwestern Medicine Student Health Service

Call **847.491.8100** for Evanston appointments and **312.695.8134** for Chicago appointments.

WELLNESS COACHING

Center for Student Advocacy And Wellness (CSAW)

Register online for 1:1 coaching.

TimelyCare

Download for virtual coaching.

NUTRITION COUNSELING

Email dietitian@northwestern.edu.

SPIRITUAL GUIDANCE

Call **847.491.7256** to speak with a University Chaplain.

INTERPERSONAL/SEXUAL VIOLENCE SUPPORT

Schedule an appointment with CSAW.

"I am in crisis and need help now."

If you are experiencing a life-threatening emergency, call **911** or go to your nearest emergency room.

CAPS

Call **847.491.2151** to speak with an on-call counselor. **Outside of business hours, press "0"** at the prompt and you'll be connected to the after-hours service.

TimelyCare

TalkNow provides 24/7 on-demand access to a mental health practitioner, including evenings and weekends (available abroad).

Administrator on Call

For counsel and guidance in crisis situations, call **847.491.8430** during business hours. After-hours, call **847.467.3022**.



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Scan to learn more about these resources and the many others that are available when students need help.



How to help someone else

If you are concerned about a student, call the **Dean of Students Office at 847.491.8430** during business hours.

After hours, you can reach the **Administrator on Call (AOC) at 847.467.3022**. The AOC ensures that students in distress receive appropriate referrals and levels of support to stabilize crisis situations.