**Mental Health Resources**

Harvard CfA:
- Graduate School of Arts and Sciences
- FAS Office of Postdoctoral Affairs
- Employee Assistance Program
  - List of Services under EAP

SAO:
- Smithsonian EAP

If you teach or mentor students:
- How to recognize distress in students and what to do about it
- What educators should know

Go further down the rabbit hole:
- Promoting Supportive Academic Environments for Faculty with Mental Illnesses: Resource Guide and Suggestions for Practice
- Mindfulness practices for education
- Science- and research-based mindfulness

*If you need to locate a mental health provider and cannot go through the university, Psychology Today has an tool to help you find the healthcare professional best for you.*