

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.*