

# Resources for Students Experiencing Stress

BSPH is committed to the holistic well-being of its students and offers a wide spectrum of support. You can find student support resources at <https://publichealth.jhu.edu/offices-and-services/office-of-student-affairs/student-life/student-support>.

You can learn more about the many mental health resources available at <https://wellbeing.jhu.edu/MentalHealthServices/>.

- ▶ Behavioral Health Crisis Support Team (BHCST) at **410-516-9355**, 24 hours a day, 7 days a week.
- ▶ BSPH Student Crisis, Assessment, Risk, and Evaluation (CARE) Team: [tinyurl.com/BSPH-Care-Team](https://tinyurl.com/BSPH-Care-Team)
- ▶ TimelyCare (free virtual medical care for JHU students): [timelycare.com/JHU](https://timelycare.com/JHU)
- ▶ Student Well-being: [wellbeing.jhu.edu](https://wellbeing.jhu.edu)
- ▶ Calm App: [calm.com/jhu](https://calm.com/jhu)

