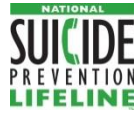


**Suicide Prevention** (See CAPS, GERMS, Student Health Center, Health Education Services, Campus Ministry)

**National Suicide Prevention Hotline**  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org), 1-800-273-8255.



**Georgetown Hospital Emergency Medicine**  
3800 Reservoir Road, NW, 202-444-2119.

**Bias Reporting** (See [biasreporting.georgetown.edu](http://biasreporting.georgetown.edu))

Through the Bias Reporting System or calls to the Georgetown Police: Department of Public Safety, Georgetown is able to track and review hate and bias-related incidents. Reporting the incident may lead to an investigation, following which the University can hold the accused accountable for their acts.

Incidents of hate and bias involving email, online harassment, or other forms of internet abuse should be reported to University Information Services (UIS). To do this, call 202-687-4949.

### Eating Disorder Specialists

**CAPS Staff Clinical Social Worker, Eating Disorder Specialist:** Mary Quigley, MSW, 202-687-6985, NetID: [quiglemc@](mailto:quiglemc@georgetown.edu).

**Health Education Services Eating Disorder Specialist:** Carol Day, RN, MSN, CNS, 202-687-8942, NetID: [daycr@](mailto:daycr@georgetown.edu).

**Assistant Director, Student Health Center and Eating Disorder Specialist:** Roanna Kessler, MD, [roanna.kessler@gunet.georgetown.edu](mailto:roanna.kessler@gunet.georgetown.edu).

### Student Organizations

**Active Minds** – NetID: [activeminds@](mailto:activeminds@georgetown.edu)  
Active Minds is an organization dedicated to destigmatizing issues surrounding mental health through the promotion of an open, genuine dialogue on the subject at Georgetown.

**Office of Mental Health Advocacy (OMHA)** – [omha.gusa@gmail.com](mailto:omha.gusa@gmail.com);  
The OMHA is a subset of the Student Advocacy Office (SAO), which advocates on behalf of all students at Georgetown. The mission of the OMHA is to educate students about mental health resources, rights, and information, provide procedural advice to students navigating mental health services on campus, and advocate for more effective mental health policy at Georgetown.

**Actively Moving Forward** – [amfgeorgetown@gmail.com](mailto:amfgeorgetown@gmail.com)  
AMF at Georgetown is an organization for the purpose of supporting students grieving the illness or death of a loved one and providing opportunities for the entire campus community to volunteer and participate in events meant for awareness and support.

**GU Bereavement Support Group** – *Makom Jewish Gathering Space, Leavey Center (1-2pm every Thursday)*  
Contact: Anne Ridder 202-687-5706 NetID: [riddera@](mailto:riddera@georgetown.edu)  
Faculty, staff and students who have experienced the loss of a family member, friend or associate recently or in the past are welcome to join this circle of caring.

### Student Mental Health Facts\*

- Half of all serious adult psychiatric illnesses start by 14 years of age. Three-fourths of them are present by 25 years of age.
- Suicide is the 2<sup>nd</sup> leading cause of death among college students, claiming the lives of 1,100 students each year.
- Almost one third of all college students report having felt so depressed that they had trouble functioning.
- Compared to older adults, the 18-24 year old age group shows the lowest rate of help-seeking.

### Learn more

- National Institute of Mental Health [www.nimh.nih.gov](http://www.nimh.nih.gov)
- National Eating Disorders Association [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)
- National Alliance on Mental Illness [www.nami.org](http://www.nami.org)
- Mental Health America [www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)

\*Facts from [www.activeminds.org/issues-a-resources/the-issue](http://www.activeminds.org/issues-a-resources/the-issue)

Presented by students from:

### The Office of Mental Health Advocacy

and



Like "Active Minds at Georgetown University"  
on facebook!

[activeminds@georgetown.edu](mailto:activeminds@georgetown.edu)

Created by Sylvia Levy, SFS '18, NetID: [sol87@](mailto:sol87@georgetown.edu)

# Mental Health Resources @ GU

A collection of on and off-campus resources for all Georgetown students.

Created by Active Minds, GU and The Office of Mental Health Advocacy

2015-2016

## On-campus Resource Centers

**Counseling and Psychiatric Services (CAPS)** – 1 Darnall Hall around the back of the building;  
Appointments: 202-687-6985;

After Hours Emergencies: 202-444-7243;

Director: Phil Meilman, Ph.D., 202-687-6985, NetID: [pwm9@](mailto:pwm9@);

Offers a variety of counseling and psychiatric services to students. Evaluations, consultations, support and therapy groups are free of charge. After an evaluation period, a fee is arranged if continuing individual psychotherapy visits are needed. CAPS will work with students to overcome any financial barriers to treatments.



**Health Education Services (HES)** – Poulton Hall, Suite 101, 202-687-8949;

Director, Health Education Services: Carol Day, RN, MSN, CNS, 202-687-8942, NetID: [dayer@](mailto:dayer@);

This office is comprised of health professionals who are available as confidential resources to help students deal with health issues including pregnancy, alcohol and drug use and abuse, sexual health, adult children of alcoholics, eating disorders and disturbances, sexual assault, relationship violence, stalking, stress management, and general health promotion. All services are FREE and confidential.

**Student Health Center** – Ground Floor, Darnall Hall,

[studenthealth.georgetown.edu/medical-care](http://studenthealth.georgetown.edu/medical-care), 202-687-2200;

The health center is staffed by Family Medicine, Pediatrics, and Sports Medicine doctors and nurse practitioners with particular training and experience in high quality college health care. The services offered at the health center include: Respiratory infections, Urinary tract infections, Headaches, Abdominal pain, Sexually transmitted infections (STIs), Dermatological conditions, Sports-related injuries, And other concerns for which you would see your family doctor or general practitioner. In addition to urgent visits, the center also sees patients for preventive care (physicals and well woman exams).

**Georgetown Emergency Response Medical Services (GERMS)** 202-687-4357.

**Georgetown Police: Department of Public Safety (GUPD)** 202-687-4243.

**Office of Residential Living** – 100 Harbin Hall, 202-687-4560;

Asst. Dean of Res. Living: Stephanie Lynch, NetID: [sjl28@](mailto:sjl28@);

We pride ourselves on encouraging the personal, intellectual and spiritual growth of students who live on-campus. All full-time, unmarried undergraduate students are eligible to live on campus as space is available. Students are required to live on-campus for three years.

**Office of Neighborhood Life** – 1300 36<sup>th</sup> Street, NW, 202-687-5138, NetID: [neighborhoodlife@](mailto:neighborhoodlife@);

Director: Cory Peterson, NetID: [csp37@](mailto:csp37@);

Supports students, non-students and permanent residents surrounding Georgetown by creating a positive quality of life for all in the neighborhood. Some of the many programs we offer/support include: free monthly legal clinics/advice, assistance with finding housing off campus, tips and opportunities to connect with community members, SNAP and free equipment to maintain your property.

**Academic Resource Center (ARC)** – 335 Leavey Center,

Director: Jane Holahan, Ed.D., 202-687-9530, NetID: [holahaj@](mailto:holahaj@);

Offers study skills workshops and individual consultations for students experiencing academic issues. Works with students who need accommodations for chronic health, physical, cognitive and psychological conditions.

**Center for Multicultural Equity and Access** –

5<sup>th</sup> floor of the Leavey Center, 202-687-4054, NetID: [cmea@](mailto:cmea@);

Director: Charlene Brown-Mckenzie, NetID: [ccb4@](mailto:ccb4@);

Supports students of color in a variety of ways, including advice on academics and career, a chance to explore diversity issues and as a place for students to discuss personal issues or concerns. Dr. John Wright, racial and cultural identity issues specialist, from CAPS comes to CMEA on Thursdays for walk-in appointments.

**Women's Center** – 327 Leavey Center, 202-687-6359, NetID:

[womenscenter@](mailto:womenscenter@);

Director: Laura Kovach, NetID: [lik23@](mailto:lik23@);

We offer a diverse selection of educational programs, volunteer opportunities, services, resources and referrals to engage the GU campus in meaningful ways. We work closely with students, staff, faculty and alumni to address the needs of our community and to create a supportive environment that is respectful and reflects our Jesuit values of *Cura Personalis*.

**LGBTQ Resource Center** – 325 Leavey Center,

[lgbtq.georgetown.edu](http://lgbtq.georgetown.edu), 202-687-3546, NetID: [lgbtq@](mailto:lgbtq@);

Director: Shiva Subbaraman, NetID: [ss826@](mailto:ss826@);

The LGBTQ Resource Center, serving lesbian, gay, bisexual, transgender, queer, and questioning individuals, is the first such Center of its kind at a Catholic/Jesuit institution in the country. We have sought to build on the rich interfaith and intellectual engagements of Georgetown to create a Center that will speak to all of us in all of our rich diversity.

**LGBTQ Specialist at CAPS:** Matthew Schottland Psy.D., 202-687-7067,

NetID: [mrs289@](mailto:mrs289@).



**Campus Ministry/Chaplains and Jesuits in Residence** – 113 Healy Hall, 202-687-4300;

Chaplain-on-call in the evenings/on weekends: 202-677-0361;

Associate Director of Residential Ministry: Rev. Jonathan Rice, 202-687-4731, NetID: [jonathan.rice@](mailto:jonathan.rice@);

The Office of Campus Ministry's full-time chaplains and volunteer residential chaplains are available for all students for conversation, encouragement, and support. These friendly and welcoming ministers embody Georgetown's commitment to *Cura Personalis* – caring deeply for the spiritual and emotional well-being of all students. All students – of any or no tradition – are always welcome.

All of the resources/centers included in this pamphlet exist to serve student needs. Don't be afraid to ask for help!

## Confidential Sexual Assault and Sexual Misconduct Resources

(Confidential = the information you disclose will remain confidential. See [sexualassault.georgetown.edu](http://sexualassault.georgetown.edu))

**Associate Director of HES for Sexual Assault Response and Prevention:** Jen Luettel Schweer, MA, LPC, 202-687-0323,

NetID: [jls242@](mailto:jls242@).

**HES Clinician, Sexual Assault Peer Educators Advisor:** Jennifer Wiggins, MA, LPC, 202-687-8932, NetID: [jmw322@](mailto:jmw322@).

**Sexual Assault and Relationship Violence Liaison (SARVL) for Law Center Students:** Laura M. Cutway, M.S., 202-662-4042, [lmc228@law.georgetown.edu](mailto:lmc228@law.georgetown.edu).

**CAPS Trauma Specialist:** Erica Shirley, PhD., 202-687-6985, NetID: [els54@](mailto:els54@).

**DC Rape Crisis Center** [dcrapecrisiscenter.org](http://dcrapecrisiscenter.org), 202-333-7273 (24/7 hotline); DC Rape Crisis Center offers services that help survivors and their families heal from the aftermath of sexual violence including crisis intervention, counseling and advocacy.

**Network for Victim Recovery of DC (NVRDC)** [www.nvrdc.org](http://www.nvrdc.org), 202-742-1727; NVRDC is a victim service organization seeking to empower crime victims in the nation's capital. By meeting a victim where they are at, NVRDC staff provides civil and criminal legal services, advocacy, and case management. NVRDC also runs the Sexual Assault Crisis Response Project, providing advocacy and case management to all sexual assault survivors in the District.

**UASK DC** [www.uaskdc.org](http://www.uaskdc.org); This website and smartphone app lists all of the relevant information and resources for universities in Washington, D.C., including GU.

**Rape, Abuse, and Incest National Network (RAINN)**

[www.rainn.org](http://www.rainn.org), 1-800-656-HOPE (24/7 hotline);

RAINN's on-line hotline provides live, secure, anonymous crisis support for victims of sexual assault and their families.

**Comprehensive Medical Care:** Call 24/7 to get a free Uber cab to MedStar Washington Hospital Center (110 Irving St), for specialized services regarding sexual assault, for information about the Sexual Assault Nurse Examiner program, or to speak with an advocate about the process: 1-800-641-4028.

**Title IX Resources** (Non-confidential) To find a deputy Title IX Coordinator see: [sexualassault.georgetown.edu/titleix](http://sexualassault.georgetown.edu/titleix)

**Title IX Coordinator:** Rosemary Kilkenny, Esq., 202-687-4798, NetID: [titleixdea@](mailto:titleixdea@);

**Deputy Title IX Coordinator for Undergraduate Students:** Jeanne Lord, Ph.D., 202-687-8302, NetID: [titleixundergrad@](mailto:titleixundergrad@).

The Title IX Coordinator and Deputy Title IX Coordinators help provide a safe educational and work environment to students and employees as they provide information about available on- and off-campus resources, explain the University's formal complaint process, help individuals navigate through the University's systems, and monitor the University's climate with respect to sexual misconduct.