

Health and Wellness

Northeastern Health and Wellness supports students across the global university system with resources that promote physical, mental, and sexual health; immunization compliance; and overall well-being. While specific services vary by campus and location, students everywhere have access to a range of support options including counseling, wellness education, self-guided tools, and referrals to local care. The Health and Wellness website serves as a central hub for students to explore available services, review Supporting Student Mental Health Guides, and find the support that best fits their needs, wherever they are studying.

Supporting Student Mental Health Guides (<https://healthandwellness.northeastern.edu/mental-health-guides/>) are available to help students, faculty, staff, and families recognize signs of distress, respond supportively, and connect students with appropriate Northeastern University resources. Developed collaboratively by the senior vice provost for academic affairs, University Health and Counseling Services, OPEN—the Office of Prevention and Education at Northeastern, and Northeastern Active Minds, the guides provide practical, audience-specific strategies for supporting student well-being.

Full-time Northeastern students have access to Find@Northeastern, a comprehensive mental health support program offering multiple pathways to care, including 24/7 urgent support and unlimited virtual counseling through Uwill and mindfulness tools through Headspace. Peer support through Togetherall is available to all Northeastern students, regardless of enrollment status.

24/7 Urgent Support: Call 877.233.9477 (U.S.), 855.229.8797 (Canada), or +1.781.457.7777 (International) to immediately connect with a licensed mental health clinician.

To learn more about resources visit the Northeastern Health and Wellness (<https://healthandwellness.northeastern.edu/>) website.

Please also visit Immunization Requirements (<https://catalog.northeastern.edu/professional-studies/information-entering-students/immunizations/>) for important information concerning requirements for undergraduate day students.