

## Supportive Resources at CMU

**\*\*Note:** This list was compiled to the best of the ability of instructors but is likely not exhaustive. We appreciate any suggestions for resources to add to this list! To make a suggestion, please email a course instructor.

Resource	Description
<a href="#">CMU Cares Guide</a>	A guide for CMU resources to contact in many situations, and a guide for how to approach someone who you are concerned may need help.
<a href="#">CMU Campus Communities Page</a>	A directory for links to campus communities, including CaPS, UHS, and the Global Communication Center.
<a href="#">CMU Health and Well-Being Resources</a>	A guide to all manner of student health and well-being resources, compiled by Angie Lusk, the SCS graduate student liaison.
<a href="#">CaPS main page</a>	Contains information about services provided by CaPS (Counseling and Psychological Services), and info about how to contact CaPS to talk to someone about accessing these services.
<a href="#">CaPS Group Therapy Options</a>	Describes CaPS' many support groups for students, including a PhD student support group, where students can gather to talk in a facilitated environment about struggles they're facing.
<a href="#">CaPS Equity, Inclusion and Mental Health</a>	A source for finding a culturally responsive therapist at CaPS, and links to identity group-specific groups and supportive resources.
<a href="#">Thriving Campus, Zocdoc, PsychologyToday</a>	Websites for finding mental health providers in Pittsburgh external to CMU. Thriving Campus is recommended by CaPS, and specifically allows you to search for providers who want to work with students.
<a href="#">Liberate + Wellness Apps</a>	Instructions on how to download the Liberate and Wellness Apps provided to students (including Headspace)
<a href="#">Student Rights at CMU</a>	A web page listing CMU student rights broadly and options students have to protect these rights.
<a href="#">Community Standards at CMU</a>	General statement on CMU community standards, and processes that exist for when standards are violated.
<a href="#">PhD Advising Values for SCS Advisors</a>	A written values statement describing aspects of healthy advising relationships, compiled by several SCS faculty, staff, and students. This can be a starting point for thinking about + communicating the kind of advising relationship that works best for you.

<a href="#">CMU Language and Cultural Support</a>	<p>More than 60% of graduate students at Carnegie Mellon are international students, and others are nonnative speakers of English who have attended high school or undergraduate programs in the US. Many of these students want to hone their language and cross-cultural skills for academic and professional success. Students can choose from sessions on</p> <ul style="list-style-type: none"> <li>● how to give a strong presentation</li> <li>● writing academic emails</li> <li>● expectations and strategies for clear academic writing</li> <li>● how to talk about yourself as a professional in the U.S.</li> <li>● developing clearer pronunciation</li> <li>● using accurate grammar</li> <li>● building fluency, and more</li> </ul> <p>More information <a href="#">here</a>.</p>
<a href="#">TINA At CMU</a>	<p>TINA is a support and action network of <b>trans, intersex, nonbinary</b>, and <b>questioning</b> (TINQ) individuals that is dedicated to supporting our <b>needs, inclusion, and equitable access</b> across Carnegie Mellon University.</p>
<a href="#">CMU Disability Resources</a>	<p>The Office of Disability Resources strives to provide responsive, reasonable accommodations to help our students accomplish their best work.</p>
<a href="#">Immigrant Connection Hour</a>	<p>From CaPS: Join us in this weekly connection hour, hosted by immigrants for immigrants! This event is open to all members of the CMU community.</p>
<a href="#">When My Heart isn't in the Work</a>	<p>From CaPS: This is a space for students to come together in community, and to share and process the different ways we navigate our experiences within White-dominant spaces. This will be a consistent space, free of judgment and expectations. Come every week or come when you can; we will be here.</p>
<a href="#">Grad student coffee chats</a>	<p>A grad student-run service where you can be matched weekly with another grad student and chat over coffee (can be on Zoom). This is very popular, and a great way to meet other students!</p>