

Need to talk? Help is a call away.

ConnectNow gives you 24/7 access to a licensed mental health professional, no appointment, no wait.

Whether you're feeling overwhelmed, stressed, or just need someone to talk to in the moment, **ConnectNow** is here for you. You'll be connected with a trained professional who can help you work through what you're feeling. Anytime, day or night.



Call: 1-833-589-0153

Free, fast, and available to all Sarah Lawrence students.



Share with a friend

Worried about someone else? You can give them this number too. Whether they're in crisis or just need someone to talk to, ConnectNow is here 24/7, free, and fast.

1-833-589-0153