

Psychology 366: COGNITIVE NEUROSCIENCE

SPRING 2022 - 3 credit hours (CRN: 35758)

Tue & Thur 11 am to 12:15 pm, Lecture Center Building D005

(Note that the first two weeks of class are online)

Instructor:

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Office; BSB 2056c

Office Hours: In person by Appointment (Wednesdays 12:15 – 1:15 pm). Online by Appointment (Mondays/Wednesdays/Fridays).

Teaching Assistant:

Meisa Khaireddin

Email: mkhair3@uic.edu

Office: TBD

Office Hours: In person by Appointment (Tuesdays 9 - 10 am). Online by Appointment.

Note on Office Hours: We offer office hours online or in person. Either way please email the Instructor and TA 24 hours in advance for an appointment. Appointments will ensure that we have plenty of time to dedicate to each student, and that students do not have to wait for their turn. If you cannot meet during office hours, please email us some potential days/times and we can schedule a meeting for another day.

Prerequisite: Grade of C or better in Psch 242.

Required Textbook: “Cognitive Neuroscience, The Biology of the Mind”. 5th Edition, Gazzaniga, Ivry & Mangun, Norton and Co., 2018.

Welcome to Psch 366: Cognitive Neuroscience. As per UIC policy we will meet **online (synchronously) for the first two weeks of class.** The regular class format will be in-person for the rest of the semester, unless UIC policies in this regard change. Any changes regarding the class format will be communicated promptly. Our goal for this class is to make learning as impactful as possible this semester, while also acknowledging the stress and anxiety you may be

feeling about the uncertainties in your daily routines and educational experiences related to the pandemic. We will strive to abide by two overarching principles: 1) engage in clear and frequent two-way **communication** regarding our expectations of you, the class workflow, and unexpected challenges arising that may impede your participation in required class sessions, including exams, or timely completion of assignments; 2) build an **inclusive learning community** in which we all abide by the same ground rules and ethical code of conduct. We look forward to connecting with you this semester. We will do our best to support your learning experience by listening to your needs and by conducting this course with compassion, empathy, and patience.

Readings: Lecture notes, readings, study guides and instructions for assignments will be posted on Blackboard (<http://blackboard.uic.edu>) every week. Please make sure that you have access to Blackboard for this class, and that you can receive class emails through your UIC email account.

Course Description. This course will cover the foundations of Cognitive Neuroscience, and provide students with a thorough understanding of the neural bases of cognition, affect, and human behavior. In particular, the course will focus on neuroanatomy, hemispheric specialization and brain development, vision, audition, as well as higher order cognitive functions, such as attention, language, executive functions, learning and memory, consciousness and emotion regulation. Students will learn important skills to evaluate current research in Cognitive Neuroscience. They will learn to critically evaluate published findings on brain functioning and organization, scientific literature and interpret scientific data to address specific research questions. Moreover, students will learn about brain imaging techniques (e.g. fMRI, EEG) used in cognitive neuroscience to examine cognitive and affective functions. Student will also participate in online experiments using the Zaps App, and write short research essays on cognitive neuroscience paradigms and research findings using APA format.

Our Inclusive Learning Environment. UIC values diversity and inclusion. We will do our best to make every student feel welcome, engaged, and respected for their opinions. Regardless of age, disability, ethnicity, race, gender, gender identity, sexual orientation, socioeconomic status, geographic background, religion, political ideology, language, or culture, we expect all members of this class to contribute to a respectful, welcoming, and inclusive environment for every other member of our class. If there are aspects of the instruction or design of this course that result in

barriers to your inclusion, engagement, accurate assessment or achievement, please notify the Instructor as soon as possible.

Attendance. Studies show that students who attend class regularly learn more and do better with the class. The class sessions will be as interactive as possible. Therefore, your participation is essential. Attendance is greatly recommended, in order to be more engaged with the class community, learn about the class experiments and report writing, and be fully engaged with the class research activities.

No Class Recordings for In-person Meetings. There will not usually be recordings for this class when we meet in person. However, since for the first two weeks of classes we will meet online the lectures for the first two weeks will be recorded and available to students under Collaborate/Recordings. When we meet in person we will have class discussions and research activities in the classroom and there will not usually be class recordings. However the Instructor will post very detailed lecture notes and class materials every week. Students can also meet with the TA to catch up with any missed class materials.

CAMPUS AND CLASSROOM COVID POLICY. We want to keep everybody safe to the maximum extent that is possible. Students are expected to attend this Class in person if they: have received a COVID-19 vaccination (full vaccination series complete); have received a vaccine exemption and are saliva testing two times per week and completing their daily Healthcheck; Are partially vaccinated and are saliva testing two times per week and completing their daily Healthcheck.

Face Masks: Students need to wear masks and stay masked during class. Everyone is required to wear masks indoors, including in the classrooms, hallways, offices, conference rooms, etc. Students may remove their masks when alone in a private office or personal residence hall room, or if they have a medical condition, disability or other reason that prevents them from safely wearing a face mask. Students who are not wearing a mask will be asked to get a mask before returning to class. If the student refuses, then they will be asked by the instructor to immediately leave class and will be reported to the Dean of Students Office. **If a student refuses to wear a mask and refuses to leave the classroom this is considered student misconduct** and will be reported to the Dean of Students. Students on campus who are unvaccinated (without vaccine exemption) or who are in groups required to saliva test and do the daily Healthcheck and are not complying with these requirements will be reported to the Dean of Students via the campus monitoring system. In these cases, the Dean of Students will proceed as described in the Student Disciplinary Policy.

NOTE: When we are online we will usually record the online synchronous class sessions for students who are unable to attend class. The recording feature for others is disabled so that no

one else will be able to record this session. The recorded class sessions will be posted on Blackboard under Collaborate/Recordings, unless otherwise notified. If you have privacy concerns and do not wish to appear in the recording, turn off your video and notify the Instructor in writing (via email) asap and prior to the next class session. If you would like to ask a question, you may do so privately through the chat feature by addressing your question to me or the TA only (and not to “everyone”), or you may contact me or your TA by email. If you have questions or concerns about this video recording policy, please contact the Instructor before the end of the first week of class.

E-mail Communications. E-mail is the best way to reach us! Please email us with any questions or concerns you may have about the course and study materials. *Prompt communication is a smart strategy to ensure that we can help you effectively!* When you contact us by email please include “psch 366” in the subject line, since we teach a few different classes. We will check emails during weekdays, during regular business hours (M - F 9 am to 5 pm) and will return your email within 24 - 48 hours. We do not guarantee responses during weekends, but your emails will be promptly answered on Mondays.

Blackboard. Our Blackboard course site (*blackboard.uic.edu*) has been organized to facilitate both access to course materials and to a broad array of UIC campus resources and community information such as advising support, online events, health and wellness tools, etc. The information is provided at the university, college, and department/course levels to help you more efficiently navigate to the resources and tools you need to be successful in your courses this semester. Students are expected to log into the course site regularly to learn about any developments related to the course as well as to upload assignments and communicate with classmates. **For all technical questions about Blackboard, email ACCC Learning Technology Solutions at LTS@uic.edu.** To avoid technical problems LTS recommends that students use **Chrome** to access Blackboard.

Please **get started** by checking these important Blackboard folders on the Main Menu:

- **Syllabus.** A very detailed class syllabus includes course requirements, assignments and grading policies, as well as the weekly schedule and topics. Please read the syllabus carefully and let us know if you have any questions.

- **Getting Started.** This folder contains general information about Blackboard, technical requirements, general UIC resources, online etiquette guidelines, and how to get textbooks at UIC.
- **About this Course.** This folder contains general information about the Course content and organization, the course learning objectives, and information about the Instructor and TAs.
- **Weekly Content Folder.** Every week lecture notes, assignment instructions, and class materials are posted on Blackboard under the folder “Weekly Content” (weeks 1-16). Please check this folder at the beginning of each week to know what you need to work on, and any dues assignments, for any given week.
- **Class Announcements.** Please check Class Announcements regularly during the week, in order to be up-to-date with all the important information for the class.
- **Discussion Forum.** A few extra-credit opportunities may be offered via the Discussion Forum, as a useful tool to engage students in guided class discussions. Students will be informed in advance when extra-credit opportunities are offered.
- Additional folders are going to be created on Blackboard for exams, research essays, study guides, exam practice questions, final paper instructions etc.

COURSE REQUIREMENTS AND GRADES

The final grade will be obtained from scores on: 4 exams, two research essays based on Zaps experiments, two additional Zaps experiments, plus any extra credit points accumulated during the semester.

- **EXAMS. Exams will be in person, on Campus. If UIC changes this policy you will be informed promptly.** Four non-cumulative exams will be administered during class times. The first three exams will have a multiple choice and short essay format, while the last exam will have only a multiple choice format. All exams will be administered in class during class times, for 1 hour and 15 minutes. Each exam will cover lecture content, book chapters, class discussions and activities, videos and case studies. Study Guides will detail the topics covered in the exams.

- **Two Practice Experiment in “Zaps”.** Students will familiarize themselves with cognitive neuroscience experiments by running themselves on 2 Zaps experiments (that usually last 5-15 min), as assigned by the Instructor, and answering the practice questions via the **free App “Zaps”** that comes with the adopted textbook.
- **Two Research Essays.** Two short research essays (3 pages long) in APA format, are worth 30 points each. Each essay is based on an experiment discussed in class. In order to prepare for writing up each report, students need to run through a cognitive neuroscience experiment using Zaps. Instructions about these assignments will be explained in class and posted on Blackboard. Please talk to the TAs and Instructor as soon as possible if you have questions about these assignments. Papers must be uploaded on Blackboard and will automatically run through SafeAssign to check for plagiarism.
- **Extra-credit Essay.** An extra-credit paper (2 pages; 6 points) in a format similar to the research essays, will also be offered. Instructions will be posted. Late work is not accepted for extra-credits.
- **Discussion Forum.** There may be a few discussion forum questions as part of extra-credit opportunities. Students will be informed in advance when this is the case.
- **Attendance and Participation in Research Activities.** This class will provide, as much as possible, a few ‘hands-on’ experiences with cognitive neuroscience research. While we do not record attendance, your class attendance and engagement is essential to your success. In addition to attending class regularly, each student will be expected to devote some time to run through a few experiments provided via the free textbook App “Zaps”.

Make-up Exams. Make-up exams with no penalties will be granted only in case of family or personal emergencies, illness, catastrophes or valid events, that will need to be documented (e.g., doctor’s note; a relative’s death certificate; religious holidays). For make-ups the student needs to contact the Instructor and TA, either before the exam or within 24 hours from the missed exam. If a student misses an exam but cannot provide any documentation on their emergency, they can take the exam within 2 days from the exam date, with a 20% penalty for every late day.

Late Assignments and Assignment Extensions. Late assignments may not have a penalty in case of personal/family emergencies or catastrophes or for valid events (e.g., (e.g., doctor’s note;

a relative's death certificate; religious holidays) that will need to be documented. Students need to contact the Instructor and TA asap regarding their emergency. Late assignments with no proof of emergency will be accepted but 10% of the points will be deducted for each day past the deadline. Both week and weekend days count as late days. For example, if an assignment is turned in 3 days late a 30% penalty will be applied to the paper grade, even if two of these days are Saturday and Sunday. Late work is not accepted for extra-credits.

Personalized Feedback. Please reach out to the TAs and Instructor if you have questions or want to receive a more personalized feedback, or advice on future assignments. Please take advantage of our office hours to get personalized feedback and help with exams or papers. The best way to get help is to communicate with us promptly as you face challenges. We will always make sure to help you.

GRADING POLICY: Final grades will be determined by total points as follows:

<i>Course Requirements</i>	<i>Points</i>	<i>Grade Percent</i>
Exam 1	60	17%
Exam 2	70	20%
Exam 3	70	20%
Exam 4	70	20%
2 Research Essays on 2 Zap Experiments (30 pts each)	60	17%
2 Practice Zap Experiments (10 points each)	20	6%
Total	350	100%

<i>Grade</i>	<i>Points</i>
A: 90 to 100%	315 - 350
B: 80 to 89%	280 - 314
C: 70 to 79%	245 - 279
D: 60 to 69%	210 - 244
F: 0 to 59%	0 - 209

NOTE: All points obtained from exams and assignments, as well as extra credit points, are added up, as a simple addition, to obtain the final grade. Extra credit points are added to the total score (for instance, if a student has a total score of 310 from exams and assignments, and has also collected 10 extra-credit points, their total score is 320/350, which would result in an A). Regarding the final grade, if a final sum of points is at least .5 away from the next higher raw point, it will be rounded up to the next higher point (e.g., 330.5 will be rounded up to 331).

“Incomplete” Option: Following departmental guidelines, Incompletes are granted only for a documented personal or family emergency towards the end of the semester that prevent a student from attending class and completing the last few assignments. Incompletes are not given to students who have not turned in their work regularly from the beginning of classes, or who missed assignments throughout the semester. Incompletes are granted as a result of a prompt conversation with the Instructor, and are never given on a very short notice or at the last moment. The student needs to discuss their emergency with the Instructor asap, and at least a week before the end of the classes, to agree on a plan for finishing their assignments in a timely fashion. Failure to communicate promptly with the Instructor will result in the Instructor not granting an Incomplete.

Disability Services Notification and LOAs. Students who have a **letter of accommodation (LOA)** should email the Instructor by the end of the first week to let them know of the LOA, and provide a pdf of the letter, so that we can start planning on the best way to help. Students with LOAs will automatically receive 48-hours extension on any written assignment, and double the time on exams.

UIC is committed to full inclusion and participation of people with disabilities in all aspects of university life. Students who face or anticipate disability-related barriers while at UIC should connect with the **Disability Resource Center (DRC)** at drc@uic.edu, or at **(312) 413-2183 (voice) or (312) 413- 0123 (TDD)** to create a plan for reasonable accommodations. In order to receive accommodations, students must disclose disability to the DRC, complete an interactive registration process with the DRC, and provide their course instructor with a Letter of Accommodation (LOA). Course instructors in receipt of an LOA will work with the student and

the DRC to implement approved accommodations

http://www.uic.edu/depts/oar/campus_policies/disability_notification.html.

Holidays and Religious Days of Special Observance. Please let us know if you need to miss class or need to reschedule an exam due to a religious holiday. See <https://oae.uic.edu/religious-calendar/>.

Our Community Agreement. By submitting your assignments for grading you acknowledge these terms, you declare that your work is solely your own, and you promise that, unless authorized by the instructor or proctor, you have not communicated with anyone in any way during an exam or other online assessment. Let's embrace what it means to be a UIC community member and together be committed to the values of integrity. Let us commit to upholding a class "**Honor Code**" in which we trust one another and engage only in behaviors that reflect our community standards of academic integrity.

Academic Integrity, Cheating or Plagiarism - Student Community Standards. UIC is an academic community committed to providing an environment in which research, learning, and scholarship can flourish and in which all endeavors are guided by academic and professional integrity. In this community, all members including faculty, administrators, staff, and students alike share the responsibility to uphold the highest standards of academic honesty and quality of academic work so that such a collegial and productive environment exists. As a student and member of the UIC community, you are expected to adhere to the Community Standards of integrity, accountability, and respect in all of your academic endeavors. When accusations of academic dishonesty occur, the Office of the Dean of Students investigates and adjudicates suspected violations of this student code. Unacceptable behavior includes cheating, unauthorized collaboration, fabrication or falsification, plagiarism, multiple submissions without instructor permission, using unauthorized study aids, coercion regarding grading or evaluation of coursework, and facilitating academic misconduct. What is plagiarism? A student who submits a paper (or parts of a paper) that they or others wrote for other classes, or a paper which in whole or part has been written by someone else, or which contains passages quoted or is paraphrased from another's work without acknowledgement (quotation marks, citation, etc.) is committing plagiarism. Maintain your integrity when completing assignments. To avoid plagiarism, summarize content and concepts in your own words, and cite all the sources you use! If you are

unsure about what constitutes plagiarism ask the Instructor and TA, and they will help you. Students who plagiarize work may be subject to various disciplinary actions, including a failing grade on a particular assignment, failure of the entire course, and possible expulsion from the university. Please refer to the UIC Student Handbook (<https://dos.uic.edu/wp-content/uploads/sites/262/2019/01/FINAL-VERSION-2019.pdf>) and the Student Disciplinary Policy (https://dos.uic.edu/wp-content/uploads/sites/262/2020/01/DOS_Student-Disciplinary-Policy-2020.pdf) for specific rules regarding these matters./5wshgq

Respect for Copyright. Please protect the integrity of all course materials and content. By enrolling in this course, you agree to honor this request. Be mindful of the hard work and time that instructors and TAs put into creating course materials such as exam and quiz questions, worksheets, lecture videos, and reading materials. Please do not upload course materials not created by you onto third-party websites or share content with anyone who is not enrolled in our course. I am grateful for your cooperation in honoring this important request.

Electronics Use Policy. Please turn off your cell phone or set it to vibration during the online class. During class please mute your microphone until you are ready to talk and be respectful when others take their turn talking with their microphone. Loud noises, music or phone ringing during class are not respectful towards others. Students who disrupt class with improper behaviors or excessive use of electronic devices may lose 10 points on their final grade.

Course Schedule

Note: This course schedule may be revised. All revisions will be posted on Blackboard in a timely fashion.

Week	Day	Date	Topic	Chapters
1	T	1/11	Syllabus and Course Introduction <i>Discussion Forum: Introduce Yourself</i>	
	R	1/13	PART I: Foundations of Cognitive Neuroscience Introduction to Cognitive Neuroscience	Chapter 1

2	T	1/18	Principles of Brain Anatomy and Functions	Chapter 2
	R	1/20	Principles of Brain Anatomy and Functions	Chapter 2
3	T	1/25	Research Methods in Cognitive Neuroscience	Chapter 3
	R	1/27	Research Methods in Cognitive Neuroscience	Chapter 3
4	T	2/1	PART II: Core Brain Processes Hemispheric Specialization First Zaps Experiment (TBD), due by midnight	Chapter 4
	R	2/3	Hemispheric Specialization <i>Class Research Demonstration #1 (for Essay 1)</i>	Chapter 4
5	T	2/8	Sensation and Perception: Vision	Chapter 5
	R	2/10	EXAM 1 (Chapters: 1,2,3,4)	
6	T	2/15	Sensation and Perception: Audition, Somato-sensation	Chapter 5
	R	2/17	<i>Action and Perception</i>	Chapter 8 (selected topics)
7	T	2/22	<i>Object Recognition</i>	Chapter 6
	R	2/24	<i>Object Recognition</i>	Chapter 6
8	T	3/1	<i>Attention</i>	Chapter 7

			RESEARCH ESSAY 1 due by midnight	
	R	3/3	<i>Attention</i>	Chapter 7
9	T	3/8	Memory Systems	Chapter 9
9	R	3/10	EXAM 2 (Chapters:5, 6, 7, parts of 8)	
10	T	3/15	Memory Systems <i>Class Research Demonstration #2 (for Essay 2)</i>	Chapter 9
	R	3/17	Language	Chapter 11
	T - R	3/21 – 3/25	SPRINGBREAK	
11	T	3/29	Language	Chapter 11
	R	3/31	Emotions	Chapter 10
12	T	4/5	Emotions	Chapter 10
	R	4/7	EXAM 3 (Chapters: 9,10, 11)	
13	T	4/12	PART III: Control Systems Cognitive Control and Executive Functions <i>Class research demonstration #3 (for optional Essay #3)</i>	Chapter 12
	R	4/14	Cognitive Control and Executive Functions RESEARCH ESSAY 2 due by midnight	Chapter 12

14	T	4/19	Social Cognition	Chapter 13
	R	4/21	Social Cognition Second Zaps Experiment (TBD) due by midnight	Chapter 13
15	T	4/26	Consciousness Extra-credit Essay #3, due by midnight	Chapter 14
	R	4/28	Consciousness	Chapter 14
Finals Week	M	5/2*	FINAL EXAM, 10:30 am to 12:30 pm (Chapters 12, 13 ,14) *Note that the final exam is on a Monday at 10:30 am	

RESOURCES FOR STUDENTS

The **UIC Library** is located both on east and west campus, provides access to resources, study rooms, and research support both online via chat and in person. At Daley Library on the east side of campus, stop by the reference desk in the IDEA Commons, or make an appointment for research help on either side of campus. Learn more about library policies at <http://library.uic.edu/>. To find research materials in specific subject areas view the Research Guides at <http://researchguides.uic.edu/>

The **UIC Writing Center**. The UIC Writing Center provides excellent online resources to help students with paper writing in general. In addition to working with us on specific written assignments, we strongly recommend that you take advantage of the UIC Writing Center resources, especially if writing has been a challenge for you in the past, or if you do not have a lot of experience with writing scientific papers. To learn more or set up an appointment: <https://writingcenter.uic.edu/>.

The **Academic Center for Excellence (ACE)** can help if you feel you need more individualized instruction in reading and/or writing, study skills, time management, etc. Please call (312) 413-0031 or visit <https://ace.uic.edu/> for more information.

The **Math and Science Learning Center**, located in the Science and Engineering South Building (SES) at 845 W. Taylor St. 3rd Floor, Room 247, is a meeting place for students in Math, Biological Sciences, Chemistry, Earth and Environmental Sciences, and Physics. At the MSLC, students can meet with graduate teaching assistants for tutoring in 100-level courses, arrange informal group study sessions with other students, or meet up with friends to attend one of the workshops, seminars, or other activities sponsored by the SLC during the semester. Visit the website at <https://mslc.uic.edu/>, call 312-355-4900, or email at mslc@uic.edu.

The **UIC Wellness Center**. The UIC Wellness Center (<https://wellnesscenter.uic.edu/resources-and-services/>) provides many useful resources on Wellness, and useful guidelines on how to manage and navigate your online classes: <https://wellnesscenter.uic.edu/news-stories/how-to-navigate-online-classes/>.

Counseling Resources for Students. Counseling Services are available for all UIC students. You may seek free and confidential services from the Counseling Center at www.counseling.uic.edu. The Counseling Center is located in the Student Services Building; you may contact them at (312) 996-3490 during normal business hours (M-F, 9 am - 5 pm). If calling after hours, press 2 to be connected to a crisis counselor. In addition to offering counseling services, the Counseling Center also operates the InTouch Crisis Hotline from 6:00 p.m.-10:30 p.m. They offer support and referrals to callers, as well as telephone crisis interventions; please call (312) 996-5535. Furthermore, the **Office of Applied Psychological Services (OAPS)** at UIC offers mental health services based on a sliding scale, <https://psch.uic.edu/research-programs/clinical/office-of-applied-psychological-services/> .

The **Campus Advocacy Network** provides information and offers resources to all UIC students, faculty, and staff. Under the Title IX law you have the right to an education that is free from any form of gender-based violence and discrimination. Crimes of sexual assault, domestic violence, sexual harassment, and stalking are against the law and can be prevented. For more information or for confidential victim-services and advocacy, contact UIC's Campus Advocacy Network at 312-

413-1025 or visit <http://can.uic.edu/>. To make a report to UIC's Title IX office, email TitleIX@uic.edu or call (312) 996-5657.

Campus Security. As a UIC student, you have chosen to live and study in one of the nation's largest cities. But, as at any university, crime is a reality. At UIC, we are strongly committed to our public safety programs, and we encourage students to be proactive in learning what programs and services are available in case of an emergency. You are DISCOURAGED from staying in university buildings alone, including lab rooms, after hours and are ENCOURAGED to use the POLICE/STUDENT patrol escort if you are uncomfortable traveling anywhere on campus. You may request an escort to accompany you to your campus destination on foot by calling (312)996-2830, and between 11:00 pm and 7:00 am you can dial the Red Car service (312)996-6800 if you are alone and need to leave the building. Through Red Car, the university has established a safe evening transportation service for university employees, students, visitors, and other authorized individuals. The car travels between university facilities within the following general boundaries: Clinton Street on the east; Western Avenue on the west; Jackson Boulevard on the north; and, 16th on the south. This service is available only to individuals possessing a valid UIC i-card. The i-card is required to ensure the safety of the driver and other passengers. Navigate to [Life at UIC](#) for more information. Also, you can download the UIC SAFE app, a free personal security tool for students, faculty, and staff. It allows you easy contact with dispatchers and first responders in case of emergency. Finally, by dialing 5-5555 from a campus phone, you can summon Police or Fire for any on-campus emergency. You may also set up the complete number, (312)355-5555, on speed-dial on your cell phone.

ADDITIONAL NATIONWIDE RESOURCES:

Crisis Text Line: Text HOME to 741741 to connect with a Crisis Counselor. Free 24/7 support at your fingertips. US and Canada: text 741741.

National Suicide Prevention Lifeline: The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals: 1800-273-8255.

Substance Abuse and Mental Health: SAMHSA's National Helpline: 1-800-662-HELP (4357). SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

Veterans Crisis Line: Connect with the Veterans Crisis Line to reach caring, qualified responders with the Department of Veterans Affairs. Many of them are Veterans themselves: 1800-273-8255. Press 1.