

Mental Health Resources for Students

Active Minds The nation's only peer-to-peer organization dedicated to raising awareness about mental health among college students. The organization serves as **the young adult voice** in mental health advocacy on over one hundred college campuses nationwide.

Go Ask Alice A resource for students to ask questions online and receive answers.

Half of Us A resource created by The Jed Foundation and mtvU that uses stories of students and high-profile artists to increase awareness about mental health problems including eating disorders and self-injury, while emphasizing the importance of getting help.

Healthy Minds, Healthy Lives A resource from the American Psychiatric Association site that provides information about special populations and culture in college-age students.

National Alliance on Mental Illness- NAMI The nation's largest grassroots organization for people with mental illness and their families. Support, Education, & Advocacy. (866) 615-6464

APA Topics A resource to find information on different psychological disorders.

Mental Health America Good mental health is fundamental to the health and well-being of every person and of the nation as a whole.

BACCHUS An organization with nearly 1,000 campus-based affiliates that actively promote student, campus and community-wide leadership on healthy and safe lifestyle decisions through peer-to-peer education.

Transition Year An online resource center that helps parents and students focus on emotional health before, during and after the college transition.

Facebook Guide: Help a Friend in Need The Jed Foundation partnered with Facebook and the Clinton Foundation to create this guide to help college students identify potential signs of emotional distress. The guide also includes advice about how to talk to a friend who may be struggling and how to connect them with the help they may need.

Minding Your Mind Foundation The Minding Your Mind Foundation leads initiatives that reduce the stigma associated with mental health issues among adolescents in middle school, high school and college. The organization's outreach programs enlighten students, families and educators about the warning signs of mental health issues that are so often masked by adolescent behavior.

The Jed Foundation A resource for students, parents, and campus professionals on reducing emotional distress and prevent suicide among college students.

Ulifeline Online Resource for College Mental Health by the JED Foundation

National Institute of Mental Health (NIMH) The largest scientific organization in the world dedicated to research focused on the understanding, treatment, and prevention of mental disorders and the promotion of mental health.

Homelessness A guide to higher education for homeless and low-income students who struggle with reliable housing, bills, tuition and other financial challenges.

Emotional Toolkit

Stress

Coping Skills

Healthy Relationships

Missing Home

Feeling Lonely

Anger

Assertiveness

Loss/Grief

Body Image & Disordered Eating

My Plate On Campus

Overeaters Anonymous Fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating.

National Association of Anorexia Nervosa and Associated Disorders Assists individuals and their families to find resources and provide referrals to professionals.
(847) 831-3438

National Eating Disorders Association Dedicated to providing education, resources and support to those affected by eating disorders.

Depression & Anxiety

Anxiety Information from Mental Health America

Depression Toolkit This is an online tool that helps identify depression, substance use, and sleep disorders, as well as provides tools for managing depression.

Anxiety and Depression Association of America Dedicated to the prevention, treatment, and cure of anxiety disorders and to improving the lives of all people who suffer from them.

Depression & Bipolar Support Alliance DBSA offers information on depression and bipolar disorder as well as listings to patient support groups across the USA. (800) 826-3632

Self Abuse Finally Ends (SAFE) A nationally recognized treatment approach, professional network, and educational resource base, which is committed to helping you and others achieve an end to self-injurious behavior.

(800) DONT CUT(366-8288)

Suicide

Suicide Prevention Resource Center (SPRC) SPRC is the nation's only federally supported resource center devoted to advancing the **National Strategy for Suicide Prevention**, providing technical assistance, training, and materials to increase the knowledge and expertise of suicide prevention practitioners and other professionals serving people at risk for suicide. SPRC also promotes collaboration among a variety of organizations that play a role in developing the field of suicide prevention.

National Suicide Prevention Lifeline A 24-hour, toll-free suicide prevention service available to anyone in suicidal crisis.

American Foundation for Suicide Prevention Dedicated to understanding and preventing suicide through research and education, and to reaching out to people with mood disorders and those impacted by suicide.

Drugs & Alcohol

Alcohol Screening A free resource that after completing a brief screening, the site will provide the individual with confidential, personalized results based on age, gender, and drinking patterns.

Narcotics Anonymous An international community-based association of recovering drug addicts.

Alcoholics Anonymous Fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

College Drinking - Changing the Culture A resource created by the National Institute on Alcohol Abuse and Alcoholism (NIAAA). This is a one-stop resource for comprehensive research-based information on issues related to alcohol use disorders and binge drinking among college students.

Signs and Symptoms of Alcohol Poisoning

Substance Abuse and Mental Health Services Administration (SAMHSA) Government's National Mental Health Information Center, providing information about mental health via a toll-free telephone number (800-789-2647), this website, and more than 600 publications.

National Institute on Drug Abuse Bringing the power of science to bear on drug abuse and addiction. (800) 662-HELP (4357)

Sexual Assault & Relationship Abuse

Sexual Assault Prevention & Crisis Services from the Texas Attorney General A resource to find information about sexual assault from the Attorney General's Office.

Student Active for Ending Rape (SAFER) A resource that provides rape support service that fights sexual violence and rape culture by empowering student-led campaigns to reform college sexual assault policies.

One in Four A national non-profit organization working to end sexual assault and rape in our society, with a focus on the collegiate and military settings.

1in6 - a resource for male survivors 1in6's mission focuses on helping adult males who have had unwanted or abusive sexual experiences in childhood to live healthier, happier lives; and to support those who care about them

National Domestic Violence Hotline

National Teen Dating Abuse Helpline

Not Alone

Sexual Violence Resources for Women of Color

National Alliance to End Sexual Violence

RAINN - Rape, Abuse, & Incest National Network

Sexual Health

Smarter Sex

GSRM (Gender, Sexual, & Romantic Minorities)

GSRM Support A resource from the Gay-Straight Alliance Network that is a national youth leadership organization that connects school-based Gay-Straight Alliances (GSAs) to each other and community resources through peer support, leadership development, and training.

Trevor Lifeline: 1-866-488-7386 A suicide hotline that provides crisis intervention and suicide prevention for LGBTQ youth and young adults.

PFLAG of the Big Country Parents, Families, and Friends of Lesbians and Gays. Local support and advocacy organization.

For people questioning their orientation

Local GLBT Resources