

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-

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) [ohk#](#)
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 '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

