Additional Resources

Immediate Support

National Suicide Prevention Lifeline	988 (more info)
National Domestic Violence Hotline	1-800-799-7233 (more info)
Veteran Crisis Line (part of National Suicide Prevention Lifeline)	1-800-273-8255 (more info)
The Trevor Project (LGBTQ)	1-866-488-7386 (more info)
National Sexual Assault Hotline (RAINN)	1-800-656-4673 (more info)

Campus Resources

Campus & Community Resources - Large list of resources for academic concerns, clothing, emergency food/housing/utility assistance, employment, transportation, and more. Redirects to the Dean of Students webpage.

Websites and Publications

National Alliance on Mental Illness (also has a support directory)

The Jed Foundation

Apps

Therapy Assistance Online (TAO) (Apple Store or Google Play) - Our online self help and virtual meeting portal

Headspace - meditation and relaxation (free material with more available for a fee)

Insight Timer - large selection of free meditation and relaxation resources (courses available for monthly fee)

Finch - cute habit tracker, journal, self-care app

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