Online Resources

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General Mental Health Resource:

- American Psychological Association: http://www.apa.org/
- American Psychiatric Association: Help with Depression: https://www.psychiatry.org/patients-families/depression
- Anxiety and Depression Association of America: www.adaa.org
- DBT Skills: https://www.nowmattersnow.org/skills
- Depression and Bipolar Support Alliance: www.dbsalliance.org
- HealthyPlace: https://www.healthyplace.com/
  An extensive mental health resources including forums, blogs, videos and news.
- International Foundation for Research & Education on Depression: http://www.ifred.org/
- National Alliance for Mental Illness (NAMI): www.nami.org
  Supports education, information, and referrals for veterans and the general population with mental illness and their families.
- National Center for Post-Traumatic Stress Disorder: http://www.ptsd.va.gov
- National Eating Disorders Association: www.nationaleatingdisorders.org
- National Institute of Mental Health: www.nimh.nih.gov
- Mental Health America: https://www.mhanational.org/
- Mental Health America: Latino/Hispanic Communities and Mental Health https://www.mhanational.org/issues/latinxhispanic-communities-and-mental-health
- Mental Health.gov: https://www.mentalhealth.gov/
  An online resource about mental disorders and treatment locator search
- MentalHelp.net-- An American Addiction Centers Resources: https://www.mentalhelp.net/
- Obsessive-Compulsive Foundation: www.ocfoundation.org
- Substance Abuse and Mental Health Services Administration: 1-977-726-4724 https://www.samhsa.gov/

College Campus Mental Health Resources:

- Active Minds: https://www.activeminds.org/
  Student chapters which educate fellow students about mental health issues.
- Mental Health America: Life on Campus
  https://www.mhanational.org/life-campus
- Mental Health is Health: http://www.mentalhealthishealth.us/
  Learn new skills to deal with common stress and mental health struggles. Resources available to support you and your friends.
• Set to Go: https://www.settogo.org/
  Skills and resources to help students and family navigate through the transition of college.
• ULifeline College Mental Health: http://www.ulifeline.org/
  Online resource for mental health issues for college students, including suicide prevention.
• A Thin Line: http://www.athinline.org/
  Resource on cyberbullying and digital dating abuse

Suicide Prevention Resources:

• American Association of Suicidology: https://www.suicidology.org/
• American Foundation for Suicide Prevention: https://afsp.donordrive.com/
• Forefront Suicide Prevention: https://depts.washington.edu/ffheweb/
• IMAlive: https://www.imalive.org/
  An online network that uses instant messaging to respond to people in crisis
• National Suicide Prevention Lifeline: http://www.suicidepreventionlifeline.org
• Suicide Awareness Voices of Education: https://save.org/
• Suicide Prevention Resource Center: www.sprc.org
• Suicide Prevention Resource Center for University Campus: https://www.sprc.org/settings/colleges-universities
• SAMSA Suicide Prevention: https://www.samhsa.gov/suicide-prevention