## NATIONAL Mental Well-Being Resources

### NATIONAL SUICIDE PREVENTION LIFELINE
www.suicidepreventionlifeline.org
Helps individuals in suicidal crisis within the United States to contact the nearest available suicide prevention and mental health service provider through a hotline. Those who call will be connected to a skilled, trained counselor at a crisis center in the area 24 hours a day, 7 days a week.

### SUICIDE PREVENTION RESOURCE CENTER (SPRC)
www.sprc.org
A federally supported resource center devoted to advancing the National Strategy for Suicide Prevention.

### SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION (SAMHSA)
www.samhsa.gov
Works to improve the quality and availability of substance abuse prevention, alcohol and other drug addiction treatment, and mental health services.

### SUICIDE SAFE PREVENTION APP
http://store.samhsa.gov/apps/suicidesafe/
Helps providers integrate suicide prevention strategies into their practice and address suicide risk among their patients.

### NATIONAL EATING DISORDERS ASSOCIATION
www.nationaleatingdisorders.org
Supports individuals and families affected by eating disorders and serves as a catalyst for prevention, cures and access to quality care.

### NATIONAL ACTION ALLIANCE FOR SUICIDE PREVENTION
www.actionallianceforsuicideprevention.org
Helps people develop suicide prevention messages that are strategic, safe, positive, and make use of relevant guidelines and best practices.

### HALF OF US
www.halfofus.com
In collaboration with MTV, Half of Us aims to initiate a public dialogue to raise awareness about the prevalence of mental health issues and connect students to the appropriate resources to get help.

### GO ASK ALICE!
http://goaskalice.columbia.edu/
The health question and answer Internet resource produced by Alice! Health Promotion at Columbia University, a division of Columbia Health.

### DEPRESSION AND BIPOLAR SUPPORT ALLIANCE (DBSA)
(800) 8263-632; www.dbsaalliance.org
Offers information on depression and bipolar disorder as well as listing of patient support groups across the USA.

### THE JED FOUNDATION
www.jedfoundation.org
Aims to promote emotional health and prevent suicide among college and university students.

### ULIFELINE
www.ulifeline.org
An anonymous online resource to learn more about your thoughts and feelings, and to reach out for help if necessary. Visit ULifeline.org to take a confidential screening, to research mental health conditions or to locate resources on your campus.

### LOVE IS LOUDER
www.lovesis louder.com
In collaboration with MTV, Love is Louder is a movement that aims to support anyone feeling mistreated or alone.

### BACCHUS
www.bacchusnetwork.org
An organization that actively promotes student, campus, and community-wide leadership on healthy and safe lifestyle decisions through peer-to-peer education.

### JED & CLINTON HEALTH MATTERS CAMPUS PROGRAM
www.myhealthyu.org
Aims to help colleges and universities promote emotional well-being and mental health programming, reduce substance abuse, and prevent suicide among 18-26 year-olds.

### NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)
www.nami.org
A grassroots organization for people with mental illness and their families.
Mental Well-Being Support

RESOURCES

UNIVERSITY OF CHICAGO

POLICE DEPARTMENT (UCPD)

Any phone: (773) 702-8181

Campus phone: 121

The UCPD operates 24 hours a day, 7 days a week on campus and throughout the Hyde Park, Kenwood, Oakwood, and Woodlawn neighborhoods.

UCHICAGO HELP

(773) 834-HELP (4357); help.uchicago.edu

(773) 702-2100; spirit.uchicago.edu

(773) 702-6000

UCHICAGO HELP

THREAT ASSESSMENT TEAM HOTLINE

STUDENT DISABILITY SERVICES

Office of LGBTQ Student Life

(773) 702-5710; lgbtq.uchicago.edu

Serves LGBTQ students, questioning students, and allies in the College, graduate, and professional schools, while recognizing multiple and intersecting identities, in order to create an inclusive and safe community.

Office of Multicultural Student Affairs (OMSA)

(773) 702-5710; omsa.uchicago.edu

Creates intentionally diverse and inclusive communities, serving as a bridge builder by engaging students and members of the University community of all backgrounds to ensure personal, academic, and professional growth and success.

Student Support Services

(773) 702-5710; inclusion.uchicago.edu

Creates an environment in which low-income, first-generation, and/or undocumented students can thrive and succeed on campus.

OFFICE FOR SEXUAL MISCONDUCT PREVENTION AND SUPPORT

(773) 702-0438; voices.uchicago.edu/equality

Provides support, resources, interim measures, and accommodations to students who have experienced any form of sexual misconduct, including sexual assault, sexual harassment, dating violence, domestic violence, and stalking. Prevention initiatives and programming promote healthy gender relations through dialogue and education, and work towards the elimination of sexual and relationship violence.

Mental Well-Being Support

MENTAL HEALTH FIRST AID (MHFA)

wellness.uchicago.edu/mhfa

A training designed to give people the skills to help someone who is developing a mental health problem or experiencing a mental health crisis. The course uses role-playing and simulations to demonstrate how to recognize and respond to the warning signs and symptoms of a mental illness or emotional crisis.

REFRESH SLEEP PROGRAM

wellness.uchicago.edu/page/refresh

A 7-week online program that aims to provide College and graduate students with skills and strategies to achieve more restful nights.

WELLNESS COACHING

wellness.uchicago.edu/wellness-coaching

A free service that provides support for navigating transitions and overcoming challenges that come your way. Wellness Coaching takes a strengths-based approach to holistic wellness and mental health promotion.

BUSTMYSTRESS LISTHOST

wellness.uchicago.edu

A listhost that provides students with weekly emails that promote stress-management tips and UChicago-specific events and services that support students in managing stress. Register at surveymonkey.com/r/BustMyStress.

ACTIVE MINDS

activeminds@gmail.com

A student RSO that works to increase students’ awareness of mental health issues and provide information and resources regarding mental health and mental illness.

RESTORATIVE YOGA

wellness.uchicago.edu/yoga

A mind-body practice that combines stretching exercises, gentle movement, breathing and meditation techniques.

LET’S TALK

wellness.uchicago.edu/letstalk

A drop-in informal and confidential consultation with counselors from Student Counseling Service at various locations on campus. No appointment or fee necessary and if you prefer, you do not have to give your name.

KOGNITO

http://kognitocampus.com

A free online interactive training. Training includes topics on techniques to talk to a friend you are concerned about, how to recognize signs of distress, and what support services are available on your campus.

MIND OVER MATTER

wellness.uchicago.edu/pha

A branch of Health Promotion and Wellness Peer Health Advocates who raise awareness of mental health, reduce the stigma surrounding mental health, and empower our peers to cultivate a culture of positive mental well-being.

MINDFULNESS MEDITATION

wellness.uchicago.edu/mindfulness-meditation

Teaches students how to better manage their mind by staying in touch with what is bountiful in their lives. Research supports mindfulness meditation’s direct link to decreased stress and anxiety, improved self-esteem and ability to cope more effectively with stressful situations.

BRIEF ALCOHOL SCREENING AND INTERVENTION FOR COLLEGE AND GRADUATE STUDENTS (BASICS)

wellness.uchicago.edu/basics

Explore substance use behaviors in a non-judgmental, private environment with a health educator. The goal of BASICS is to help students reduce risky behaviors and harmful effects from drinking while learning how those behaviors impact their overall health and wellness.

PET LOVE

wellness.uchicago.edu/pet-love

An open student event in which certified therapy dogs are brought onto campus for students to engage with. Animal Therapy has been linked to building a sense of community and connectedness which is a main protective factor for suicide, depression, isolation, and anxiety.

ACADEMIC SKILLS ASSESSMENT PROGRAM (ASAP)

wellness.uchicago.edu/asap

Assists students with improving academic performance through assessment, short-term coaching, and referrals. Visit the website for workshop times and locations.