The Youth Mental Health Project EMPOWERS families and communities to act with the KNOWLEDGE, SKILLS and RESOURCES they need to support the SOCIAL, EMOTIONAL, MENTAL, and BEHAVIORAL health of youth.

**College Resources**

**WAYS TO FIND HELP**

**Call Home**

**Campus Counseling or Health Center**

Name: ............................
Phone: ............................
Email: ............................

**Dean of Student Affairs**

Name: ............................
Phone: ............................
Email: ............................

**Peer Support Specialist**

Name: ............................
Phone: ............................
Email: ............................

**OTHER RESOURCES**

Request a confidential conversation with:

- Resident Advisor
- Academic Advisor
- Faculty Member
- Religious Counsel

**ADDITIONAL ORGANIZATIONS**

Contact the leader of a Campus Mental Health Organization, such as NAMI on Campus or Active Minds.

Name of Organization: ............................
Phone: ............................
Email: ............................

*TIP: In general, the most confidential place on campus is the counseling or mental health center. They can share information about you only with your agreement—unless they feel you might be an immediate danger to yourself or others.*