

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.*

we**ALL**have mental health.