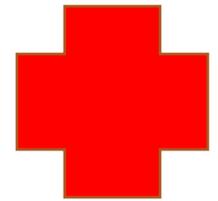


# Mental Health Tool Kit for Advisors



RESOURCE	DESCRIPTION	WEBSITE/TELEPHONE
<b>National Suicide Prevention Hotline</b>	This toll-free suicide hotline connects the individual to a local area crisis resource center that is able to provide information about local resources. Translators are available.	1-800-273-8255 (TALK) TTY: 1-800-799-4TTY (4889)
<b>College Drinking— Changing the Culture</b>	Created by the National Institute on Alcohol Abuse and Alcoholism (NIAAA), this website is a one-stop resource for comprehensive research-based information on issues related to alcohol use disorders and binge drinking among college students.	<a href="http://www.collegedrinkingprevention.gov/">http://www.collegedrinkingprevention.gov/</a>
<b>Depression Toolkit</b>	This online tool from the University of Michigan Depression Center helps identify depression, substance use, and sleep disorders, as well as provides tools for managing depression.	<a href="http://www.depressiontoolkit.org/default.asp">http://www.depressiontoolkit.org/default.asp</a>
<b>Half of Us</b>	The Jed Foundation's campaign with mtvU uses stories of students and high-profile artists to increase awareness about mental health problems including eating disorders and self-injury, while emphasizing the importance of getting help.	<a href="http://www.halfofus.com">http://www.halfofus.com</a>
<b>Healthy Minds, Healthy Lives</b>	The American Psychiatric Association site provides information about special populations and culture in college-age students.	<a href="http://www.healthyminds.org/More-Info-For-College-Age-Students.aspx">http://www.healthyminds.org/More-Info-For-College-Age-Students.aspx</a>

<b>LGBTQ Support</b>	Gay-Straight Alliance Network is a national youth leadership organization that connects school-based Gay-Straight Alliances (GSAs) to each other and community resources through peer support, leadership development, and training.	<a href="http://gsanetwork.org/about-us">http://gsanetwork.org/about-us</a>
<b>Online Depression Screening: Mental Health America</b>	An anonymous, online screening tool allows individuals to screen for depression in a non-threatening environment.	<a href="http://www.depression-screening.org/depression_screen.cfm">http://www.depression-screening.org/depression_screen.cfm</a>
<b>Students Active for Ending Rape (SAFER)</b>	This rape support services organization, started by Columbia University students, is an all-volunteer collective that fights sexual violence and rape culture by empowering student-led campaigns to reform college sexual assault policies.	<a href="http://safercampus.org/about-us">http://safercampus.org/about-us</a>
<b>The Jed Foundation</b>	Resources for students, parents and campus professionals on reducing emotional distress and prevent suicide among college students.	<a href="http://www.jedfoundation.org/">http://www.jedfoundation.org/</a>
<b>Transition Year</b>	This online resource center helps parents and students focus on emotional health before, during and after the college transition.	<a href="http://www.transitionyear.org/">http://www.transitionyear.org/</a>
<b>Trevor Lifeline</b>	The Trevor Lifeline is a suicide hotline that provides crisis intervention and suicide prevention for LGBTQ youth and young adults.	1-866-488-7386
<b>TrevorChat</b>	A free, confidential, secure online messaging service staffed by volunteers that provides live help. TrevorChat is only intended to assist those who are not at risk for suicide and has limited hours.	<a href="http://www.thetrevorproject.org/youth/lifeline">http://www.thetrevorproject.org/youth/lifeline</a>
<b>U-Lifeline</b>	This anonymous, confidential online resource provides students with a self-evaluation tool to learn more about their current state of mind and learn about resources for help.	<a href="http://ulifeline.org/main/Home.Html">http://ulifeline.org/main/Home.Html</a>

<b>Mental Health First Aid for Higher Education</b>	Designed with colleges' and universities' unique culture and resources in mind. Training students, faculty and others in higher education settings how to recognize the symptoms of emerging mental illnesses or to assist young adults in a mental health crisis can help lessen the severity and impact of mental illnesses and learn about resources to help.	<a href="https://www.mentalhealthfirstaid.org/take-a-course/">https://www.mentalhealthfirstaid.org/take-a-course/</a>
<b>QPR</b>	QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide. people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help	<a href="https://qprinstitute.com/about-qpr">https://qprinstitute.com/about-qpr</a>