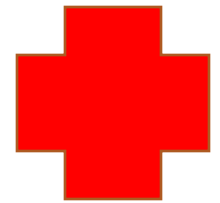


Mental Health Tool Kit for Advisors



RESOURCE	DESCRIPTION	WEBSITE/TELEPHONE
National Suicide Prevention Hotline	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)
College Drinking— Changing the Culture	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.	http://www.collegedrinkingprevention.gov/
Depression Toolkit	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.	http://www.depressiontoolkit.org/default.asp
Half of Us	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.	http://www.halfofus.com
Healthy Minds, Healthy Lives	The American Psychiatric Association site provides information about special populations and culture in college-age students.	http://www.healthyminds.org/More-Info-For-College-Age-Students.aspx

LGBTQ Support	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.	http://gsanetwork.org/about-us
Online Depression Screening: Mental Health America	An anonymous, online screening tool allows individuals to screen for depression in a non-threatening environment.	http://www.depression-screening.org/depression_screen.cfm
Students Active for Ending Rape (SAFER)	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.	http://safercampus.org/about-us
The Jed Foundation	Resources for students, parents and campus professionals on reducing emotional distress and prevent suicide among college students.	http://www.jedfoundation.org/
Transition Year	This online resource center helps parents and students focus on emotional health before, during and after the college transition.	http://www.transitionyear.org/
Trevor Lifeline	The Trevor Lifeline is a suicide hotline that provides crisis intervention and suicide prevention for LGBTQ youth and young adults.	1-866-488-7386
TrevorChat	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.	http://www.thetrevorproject.org/youth/lifeline
U-Lifeline	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.	http://ulifeline.org/main/Home.Html

Mental Health First Aid for Higher Education	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.	https://www.mentalhealthfirstaid.org/take-a-course/
QPR	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	https://qprinstitute.com/about-qpr