Mental Health Resources

Resources & Special Populations

Dealing with Anxiety:

<https://www.healthline.com/health/mental-health/how-to-cope-with-anxiety>

Dealing with Depression:

<https://www.healthline.com/health/depression>

Starting a Conversation:

<https://seizetheawkward.org/>

Tips On Surviving a Break -Up

[Surviving A Relationship Break](https://uca.edu/counseling/files/2012/09/Surviving-A-Relationship-Break-1.pdf)

Mental Health

There are a multitude of sites on the internet that deal with mental health issues and concerns. We have identified a few that offer places where you can begin your search for reliable and useful information.

The three sites listed offer an introduction to a broad number of mental health problems.

[www.nimh.nih.gov](http://www.nimh.nih.gov/) – The site of the National Institute of Mental Health.  Go to “health and outreach” and look under “mental health topics”

[www.healthymind.org](http://www.healthymind.org/) – The site of the American Psychiatric Association.  Go to “mental health topics”

[www.ulifeline.org](http://www.ulifeline.org/) –  An online resource for college mental health

Alcohol and Substance Use/Abuse

**American Addiction Centers Laguna Treatment Hospital**

<https://lagunatreatment.com/addiction-research/time-to-seek-treatment/hotlines/>

<https://lagunatreatment.com/drug-effects-calculator/>

Online/Virtual Options  (During Covid-19)

AA Meetings: [http://www.247aaonline.com](http://www.247aaonline.com/)/

NA Meetings: [https://www.na.org/meetingsearch](https://www.na.org/meetingsearch/text-results.php?country=Web&state&city&zip&street&within=5&day=0&lang&orderby=distance)

**Al-Anon** support groups in your area:   https://arkansasalanon.org

**Alcoholic Anonymous**  groups in your area:  http://arkansascentraloffice.org/meetings/

<http://www.alcoholhelp.com/>  Browse resources and get connected to treatment that is right for you.

[www.niaaa.nih.gov](http://www.niaaa.nih.gov/) The site of the National Institute on Alcohol Abuse and Alcoholism.

[www.nida.nih.gov](https://www.drugabuse.gov/) The site of the National Institute on Drug Abuse.

<https://www.alcoholrehabguide.org/> Alcohol Rehab Guide

<https://startyourrecovery.org/> Resource Guide to Recovery

<http://www.opioidhelp.com/> Information hub that contains up-to-date news regarding the opioid epidemic, as well as vital resources for those currently struggling from addiction

Disability Support

[www.Idonline.org](http://www.ldonline.org/)

[www.ace.arkansas.gov](http://www.ace.arkansas.gov/)

Eating Disorders

[www.anred.com](http://www.anred.com/) The site of Anorexia Nervosa and Related Eating Disorders, Inc.

[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org/) Go to “Information and Resources”

Grief/Loss/Trauma

[www.helpguide.org](http://www.helpguide.org/mental/grief_loss) Go to “Grief & Loss”

International Students

[www.usnews.com – Best Colleges for International Students](http://www.usnews.com/education/best-colleges/slideshows/campus-resources-for-international-students)

[www.universitiesintheusa.com/study-usa-resources.html](http://www.universitiesintheusa.com/study-usa-resources.html)

[www.internationalstudent.com](http://www.internationalstudent.com/)

Mental Health Services in Other Countries:    [https://www.suicidestop.com/call\_a\_hotline.html](https://nam05.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.suicidestop.com%2Fcall_a_hotline.html&data=02%7C01%7CDianne.Aguero-Trotter%40shu.edu%7Cb4e3588ff5a54d34c84608d83a3485cb%7C51f07c2253b744dfb97ca13261d71075%7C1%7C0%7C637323344540189190&sdata=TZnnBD%2FZmNL9i95v93qyQfzCAFBgAgEQ8y05FKIsQk0%3D&reserved=0)

LGBT

[www.pflag.org](http://www.pflag.org/)

[www.glsen.org](http://www.glsen.org/)

[www.YourSexualOrientation.info](http://www.yoursexualorientation.info/)

[http://laurolaw.com](http://laurolaw.com/)

[www.artisticrevolution.org](https://www.facebook.com/CAR4AR/)

[www.genderspectrum.org](http://www.genderspectrum.org/)

[http://transequality.org](http://transequality.org/)

[www.wpath.org](http://www.wpath.org/)

[www.affordablecolleges.com/resources/lgbtq-college-resources](http://www.affordablecolleges.com/resources/lgbtq-college-resources/)

Nontraditional Students

[www.myantshe.org](http://www.myantshe.org/)

[www.adultstudent.com](http://www.adultstudent.com/)

[www.nontradstudents.com](http://www.nontradstudents.com/)

Sexual Assault

[www.safehorizon.org](http://www.safehorizon.com/)

[www.rainn.org](http://www.rainn.org/)

[http://knowyourix.org](http://knowyourix.org/)

<http://publichealth.org/resources/sexual-abuse/>

Suicide

[www.mentalhealth.gov](http://www.mentalhealth.gov/)

[www.afsp.org](http://www.afsp.org/) The site of the American Foundation for Suicide Prevention. See “About Suicide”

[Suicide Prevention](https://uca.edu/counseling/files/2020/12/Suicide-Prevention.pdf)

Veterans

[www.mentalhealth.va.gov](http://www.mentalhealth.va.gov/)

[www.treatment-centers.net/find-veterans-treatment.html](https://www.treatment-centers.net/find-veterans-treatment.html)