

Self-Care and Mental Health Resources

Starting adulthood can often add new stressors to your life so it is important to take care of yourself and develop positive coping skills. Here are some resources to get you started.

Need a therapist? [Check the Psychology Today website.](#)

HELPLINES

[Campaign Against Living Miserably \(CALM\)](#): Visit www.thecalmzone.net

[Crisis Text Line](#): Visit www.crisistextline.org/ or Text “START” to 741-741

[List of International Suicide Hotlines](#): Visit www.suicide.org/international-suicide-hotlines.html

[Love is Respect](#): Visit www.loveisrespect.org/, text “LOVEIS” to 22522, or call 1-866-331-9474 to talk with a peer advocate to prevent and end abusive relationships.

[National Eating Disorder Association](#): Visit www.nationaleatingdisorders.org/ or call 1-800-931-2237

[National Suicide Prevention Lifeline](#): Visit www.suicidepreventionlifeline.org/ or call 1-800-273-TALK (8255)



If you or someone you know needs support now,

call or text 988 or chat 988lifeline.org

MENTAL HEALTH RESOURCES

Youth Providers National Alliance on Mental Health:

Resource for youth of all ages, including guidance on making friends and managing your mental health in college

www.nami.org/Find-Support/Teens-and-Young-Adults



American Academy of Child and Adolescent Psychiatry: Find videos, guidance on ways to get help, and information on advocacy campaigns for mental health disorders.

www.aacap.org/AACAP/Families_and_Youth/Youth_Resources/Home.aspx



Teen Mental Health: Geared towards teenagers, find learning tools on a variety of mental illnesses, videos, and resources for friends.

<http://teenmentalhealth.org/>

National Institute of Mental Health: Easy-to read guides to help better understand a variety of mental health disorders

www.nimh.nih.gov/health/index.shtml

Making Healthy Choices: For youth in foster care, find information related to making decisions about their mental health, treatment options, and the use of psychotropic medications.

www.childwelfare.gov/pubs/makinghealthychoices/



Kelty Mental Health Resource Center: References that list top websites, books, videos, toolkits and support for mental health disorders

<http://keltymentalhealth.ca/youth-and-young-adults>



Substance Abuse and Mental Health Service Administration:

Guidance on how to find help and treatment for substance abuse and mental health issues

<https://www.samhsa.gov/>

National Eating Disorders Association: Information about eating disorders and treatment

<https://www.nationaleatingdisorders.org/>



SELF CARE GUIDANCE



CDC Mental Health: Learn how to cope with stress and to find mental health resources.

<https://www.cdc.gov/mentalhealth>

Center for Young Women's Health and Young Men's Health: Guides on emotional health, including test anxiety, depression, bullying, and eating disorders
www.youngwomenshealth.org and www.youngmenshealthsite.org

Go Ask Alice!: Geared for young adults to explore a large database of concerns surrounding emotional health
www.goaskalice.columbia.edu



Teens Health: Providing a safe place for teens who need honest and accurate information, this website provides resources on mental health issues.
http://teenshealth.org/teen/your_mind/

Girls Health.Gov: The "Your Feelings" section offers guidance to teenage girls on recognizing a mental health problem, getting help, and talking to parents.
<http://girlshealth.gov/feelings/index.html>



The Jed Foundation

Jed Foundation: Resource for promoting emotional health and suicide prevention among college students; includes ULifeline, a public dialogue forum, Half of Us, and Transition Year to help students transition to college

<http://www.jedfoundation.org/students>

"Managing Wellness During Exam Season" Article on wellness tips and on how to cope with stress during a busy exam season
<https://www.activeminds.org/blog/managing-wellness-during-exam-season/>

APPS AND TECH SERVICES

Health Talk: This site collects real life experiences of people suffering from chronic illnesses including mental health conditions.

www.healthtalk.org/peoples-experiences/mental-health



Mindfulness for Teens: Teaches mindfulness to handle stress and includes apps to practice meditation and guided meditation recordings
<http://mindfulnessforteens.com/>

Strength of Us: An online community designed to inspire young adults impacted by mental health issues to think positive, stay strong and achieve goals through peer support and resource sharing.
<http://strengthofus.org/>

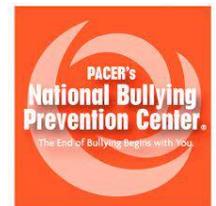
ADVOCACY

Active Minds: The leading nonprofit that empowers college students to speak openly about mental health, Active Minds aims to educate others and encourage help-seeking
<http://activeminds.org/>

active minds

Gay, Lesbian & Straight Education Network: GLSEN is the leading national education organization focused on ensuring safe schools for all students. This website provides resources on finding GSA Chapters, and tools on how to establish or reestablish a GSA
<http://www.glsen.org/>

Teens Against Bullying: Created by and for teens, this website is a place for middle and high school students to find ways to address bullying, take action, be heard, and own an important social cause.
<http://www.pacerteensagainstbullying.org/>



StopBullying.Gov: This website offers resources specifically for teens to prevent bullying in their schools and communities and provides resources for those being bullied. <http://www.stopbullying.gov/>



The List: A Chicagoland-based collection of resources for Trans and Gender Nonconforming folk and those who support them.
<https://www.thelistforus.com/>

College Resources for LGBT Students, the Ultimate Guide: "College Choice understands that students who identify as LGBT may need other resources on-campus. We've compiled a list of great resources who can help you through any situation." <https://www.collegechoice.net/college-life/resources-for-lgbtq-students/>

HEALTHCARE APPS to keep track of your health:



Your secure online health connection

MyChart : multi-institutional platform that allows you access to your health information. View and track your health information, communicate and schedule with your health providers.



GoodRx : compare prices and obtain prescription discounts in exchange for personal and health information.



Zocdoc: find local providers and schedule appointments.



For Apple phone users, the **Apple Health** App allows you to track many elements of your health and wellness. It also has a feature to link with **MyChart**



For Android users, **Google Fit** and **Samsung Health** have platforms that also allow health and wellness tracking.



Mindfulness apps can help build positive coping skills for self care and anxiety, e.g. **Insight Timer**, **Calm**, and **Headspace**.

