



Online Resources

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General Mental Health Resource:

- American Psychological Association: <http://www.apa.org/>
- American Psychiatric Association: Help with Depression: <https://www.psychiatry.org/patients-families/depression>
- Anxiety and Depression Association of America: www.adaa.org
- DBT Skills: <https://www.nowmattersnow.org/skills>
- Depression and Bipolar Support Alliance: www.dbsalliance.org
- HealthyPlace: <https://www.healthyplace.com/>
An extensive mental health resources including forums, blogs, videos and news.
- International Foundation for Research & Education on Depression: <http://www.ifred.org/>
- National Alliance for Mental Illness (NAMI): www.nami.org
Supports education, information, and referrals for veterans and the general population with mental illness and their families.
- National Center for Post-Traumatic Stress Disorder: <http://www.ptsd.va.gov>
- National Eating Disorders Association: www.nationaleatingdisorders.org
- National Institute of Mental Health: www.nimh.nih.gov
- Mental Health America: <https://www.mhanational.org/>
- Mental Health America: Latino/Hispanic Communities and Mental Health <https://www.mhanational.org/issues/latinxhispanic-communities-and-mental-health>
- Mental Health.gov: <https://www.mentalhealth.gov/>
An online resource about mental disorders and treatment locator search
- MentalHelp.net-- An American Addiction Centers Resources: <https://www.mentalhelp.net/>
- Obsessive-Compulsive Foundation: www.ocfoundation.org
- Substance Abuse and Mental Health Services Administration: 1-977-726-4724
<https://www.samhsa.gov/>
- Washington State Psychological Association: 206-547-4220
<http://www.wapsych.org>

College Campus Mental Health Resources:

- Active Minds: <https://www.activeminds.org/>
Student chapters which educate fellow students about mental health issues.
- Mental Health America: Life on Campus
<https://www.mhanational.org/life-campus>
- Mental Health is Health: <http://www.mentalhealthishealth.us/>
Learn new skills to deal with common stress and mental health struggles.
Resources available to support you and your friends.



- Set to Go: <https://www.settogo.org/>
Skills and resources to help students and family navigate through the transition of college.
- ULifeline College Mental Health: <http://www.ulifeline.org/>
Online resource for mental health issues for college students, including suicide prevention.
- A Thin Line: <http://www.athinline.org/>
Resource on cyberbullying and digital dating abuse

Suicide Prevention Resources:

- American Association of Suicidology: <https://www.suicidology.org/>
- American Foundation for Suicide Prevention: <https://afsp.donordrive.com/>
- Forefront Suicide Prevention: <https://depts.washington.edu/ffheweb/>
- IMAlive: <https://www.imalive.org/>
An online network that uses instant messaging to respond to people in crisis
- National Suicide Prevention Lifeline: <http://www.suicidepreventionlifeline.org>
- Suicide Awareness Voices of Education: <https://save.org/>
- Suicide Prevention Resource Center: www.sprc.org
- Suicide Prevention Resource Center for University
Campus: <https://www.sprc.org/settings/colleges-universities>
- SAMSA Suicide Prevention: <https://www.samhsa.gov/suicide-prevention>