

Mental Health Issues in College Students - Resources

by Dr. Christina Z. Atti, PsyD—Licensed Clinical Psychologist

This resource guide contains a lot of helpful information that, by no means, encompasses these various mental health issues and the resources available.

Anxiety Resources

- [Anxiety and Depression Association of America](#) (ADAA) - Promotes the prevention, treatment, and cure of anxiety, depression, and related disorder.
- [Anxiety Resource Center](#) (ARC) - Offers assistance to those who have anxiety disorders. Has educational materials, newsletters, and blogs to stay updated on breakthrough research and trends.
- [American Psychological Association](#) (APA) - Provides information on advancing psychology to benefit society and improve lives. A directory for finding a Psychologist is also available.
- [Social Anxiety Association](#) (SAA) - Promotes understanding and treatment of social anxiety.
- [Beyond OCD](#) - Aims to connect people with OCD and anxiety with information and resources they need to thrive.

Depression Resources

- [Anxiety and Depression Association of America](#) (ADAA) - Promotes the prevention, treatment, and cure of anxiety, depression, and related disorder.
- [American College Health Association](#) - Promotes healthy campus communities and is a leader for advancing the health of college students. Provides helplines, education, and resources for college students dealing with health issues.
- [ULifeline](#) - Provides online resources for college students seeking mental health wellness, in addition to giving tips on how to best help friends in crisis and developing healthier wellness habits.
- [Suicide Prevention Lifeline](#) 1-800-273-TALK (8255) Text: "START" to 741-741. Helps all provide suicide by means of 24/7, free and confidential support for people in distress, in addition to giving prevention and crisis resources for you or your loved ones.
- [The Jed Foundation](#) - Offers online resources for young adults that is geared to promote emotional health and prevent suicide

Eating Disorder Resources

- [National Eating Disorder Association](#) (NEDA) - Offers education and resources dedicated to improving the awareness of eating disorders in America.
- [National Association of Anorexia Nervosa and Disorders Disorders](#) (ANAD) - Promotes the prevention and alleviation of eating disorders by connecting those who need support with appropriate referrals and providers.
- [Academy for Eating Disorders](#) (AED) - A global network that is dedicated to the research, education, prevention, and treatment of eating disorders.
- [The Alliance for Eating Disorders Awareness](#) - Focuses on outreach, early intervention, prevention, education, support, and advocacy for all eating disorders.
- [Eating Disorder Hope](#) - Provides information on awareness and education, recovery tools, and access to treatment and support of those with eating disorders or those who know someone who is struggling.

Substance Abuse/Addiction Resources

- [National Institute on Drug Abuse](#) (NIDA) - Provides information on research and prevention, along with guidance for those seeking treatment and access to clinical trials for substance abuse.
- [Substance Abuse and Mental Health Service Administration](#) (SAMHSA) 24/7 Hotline: 1-800-662-4357 Works to advance and improve behavioral health in the United States. Provides extensive information about substance abuse along with treatment options by zip code.
- [Center on Addiction](#) - Provides personalized support and resources for families impacted by addiction, while mobilizing policymakers, researchers and health care professionals to more effectively address addition on a national scale.
- [Alcoholics Anonymous](#) (AA) - the 12-step program for alcoholics that helps people rebuild their lives without alcohol through means of support groups and sponsors.
- [Narcotics Anonymous](#) (NA) - the 12-step program for those with a dependency on drugs that helps people rebuild their lives without drugs through means of support groups and sponsors.

Suicide Resources

- [Suicide Prevention Lifeline](#) 1-800-273-TALK (8255). Text: "START" to 741-741. Helps all provide suicide by means of 24/7, free and confidential support for people in distress, in addition to giving prevention and crisis resources for you or your loved ones.
- [Suicide Awareness Voices of Education](#) (SAVE) - Focuses on public awareness, reducing stigma, educating communities, and equipping people with the right tools to help save lives.
- [Active Minds](#) - Provides education about mental health on college campuses that includes 400 chapters on campuses across the United States that teach suicide prevention techniques for students and faculty. Resources for students in crisis are available on their website in addition to a therapist/counseling search tool.
- [National Alliance on Mental Illness](#) (NAMI) - Provides information on suicide prevention, similar to a 24-hour suicide lifeline crisis chat, a text support line, and social networking groups that help more people join the suicide prevention conversation.
- [American Foundation for Suicide Prevention](#) (AFSP) - Works to end and prevent suicide through research, education, and advocacy. Provides a wealth of information on suicide in America, prevention techniques, and available resources.
- [The Trevor Project](#) 1-866-488-7386 Provides LGBTQ individuals of any age a safe space to talk and find support, 24/7.

This guide contains a lot of helpful information that, by no means, encompasses these various mental health issues and the resources available. Contact your student counseling center for more local resources, in addition to your Primary Care Physician. Reaching out to a mental health provider for more support can be a powerful tool as well. Some good websites for finding a mental health professional are the following websites:

- [Psychology Today](#)
- [American Psychological Association](#)
- [Good Therapy](#)
- [Psych Central](#)

Dr. Christina Atti is a Licensed Clinical Psychologist and has a private practice in Palm Beach Gardens, Florida. She works closely with college students and enjoys helping them find their unique way, in this complex world.

Contact her: DrAtti.com

DrChristinaAtti@gmail.com

954-320-0173