

Resources Mentioned in “Coping and Caring” Webinar

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Resources for anonymous help:

(THREE) WAYS TO GET MENTAL HEALTH HELP ANONYMOUSLY

- HOTLINES.** 24/7 hotlines are available to provide support and information for general mental health concerns and specific issues, including:
 - **The National Suicide Prevention Hotline:** 1-800-273-TALK (8255)
 - **Crisis Text Line:** Text HOME to 741741
- APPS.** There are apps available on Android and iPhone that provide mental health resources and support, including Pacifica, 7 Cups, and Talkspace.
- ONLINE SPACES.** Online spaces are available that provide peer-to-peer support, chatroom discussions, or therapy.

*Information provided by the MHFA curriculum.

MENTALHEALTHFIRSTAID.ORG

Mental Health Assistance for the LGBTQI Community:

GET HELP 24/7:

 TrevorText Text START to 678678	 TrevorChat TrevorChat.org	 TrevorLifeline 866.488.7386
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Mental Health Resources

Compiled by the National Council for Behavioral Health, this site provides links to a wealth of mental health resources, including sections on Depression and Suicidal Intentions, Nonsuicidal Self-Injury, Anxiety Disorders, Psychosis and Psychotic Disorders, Substance Use Disorders, Eating Disorders, Help Lines and Support Groups. It also provides a link to find a Mental Health First Aid course, should you wish to enroll

<https://www.mentalhealthfirstaid.org/mental-health-resources/>

Red Folder

The CSU's guide to assisting students in distress. Features a "select campus" tab, so you can link to campus-specific resources:

<http://www.calstate.edu/red-folder/>

Barr, Bonny "Identifying and Addressing the Mental Health Needs of Online Students in Higher Education" Online Journal of Distance Learning Administration, Volume XVII, Number II, Summer 2014 University of West Georgia, Distance Education Center.

This useful but succinct article provides sections on "Warning Signs of Mental Illness or Emotional Distress in Online Students," "Best Practices in Mental Health Resources for Online Students," and "Development of Institutional Policies Related to Health and Wellness of Online Students."

<https://www.westga.edu/~distance/ojdl/summer172/barr172.html>

American College Health Association

Link to this organization's National College Health Assessment for Fall 2019. This includes reported information on student physical and mental health, including separate reports for Undergraduate and Graduate/Professional students

https://www.acha.org/NCHA/ACHA-NCHA_Data/Publications_and_Reports/NCHA/Data/Reports_ACHA-NCHAIII.aspx

Wang, David C. "Coping and Caring for Yourself During the COVID-19 Outbreak."

This article includes tips for us to be more mindful. We cannot care for others, including students, if we do not first take care of ourselves.

<https://www.psychologytoday.com/us/blog/hope-resilience/202003/coping-and-caring-yourself-during-the-covid-19-outbreak>