

Resources for Students

Crisis Text Line: crisistextline.org

Offers free, 24/7 support for students in crisis via text (Text HOME to 741741).

Active Minds

A nonprofit organization supporting mental health awareness and education for students, providing resources, peer-to-peer support, and advocacy.

The Jed Foundation (JED)

Focuses on protecting emotional health and preventing suicide among teenagers and young adults, offering resources and programs for students.

ULifeline

An online resource for college mental health, providing information, resources, and a confidential self-evaluator for students.

Seize the Awkward

Provides resources and tips for students to talk about mental health and support their friends.

The Steve Fund

Dedicated to the mental health and emotional well-being of students of color, offering resources and programs.

Mental Health America (MHA) - For Students

Provides information and resources on mental health for students, including tips for managing stress and finding support.

Half of Us

A campaign by MTV and the Jed Foundation to raise awareness and provide resources for mental health issues among students.

Student Minds

A UK-based student mental health charity, providing resources, peer support, and campaigns to improve mental health on campuses.

National Alliance on Mental Illness (NAMI) - On Campus

Offers resources and support for students, including information on mental health conditions and campus initiatives.

ReachOut

Provides mental health information, peer support, and resources specifically for young people and students.