

National Mental Health Resources

Mental Health

Active Minds

www.activeminds.org

National Suicide Prevention Lifeline at 800-273-TALK (8255)

Active Minds is the leading non-profit organization that empowers students to speak openly about mental health in order to educate others and encourage help-seeking. We are changing the culture on campuses and in the community by providing information, leadership opportunities and advocacy training to the next generation.

Anxiety Disorders Association of America

adaa.org

Search our free ADAA member therapist directory of licensed mental health providers who specialize in anxiety disorders, depression, OCD, PTSD, and related disorders.

Crisis Text Line

www.crisistextline.org

Text HOME to 741741 from anywhere in the US or message us on Facebook.

Email support@crisistextline.org with non-emergency questions.

Crisis Text Line is free, 24/7 support for those in crisis. Text 74141 from anywhere in the US to text with a trained crisis counselor.

Depression and Bipolar Support Alliance

www.dbsalliance.org

Phone: 800-826-3632

Fax: (312) 642-7243

In a crisis, Text DBSA to 741-741 or call the National Suicide Prevention Lifeline (listed under Active Minds above) DBSA provides hope, help, support, and education to improve the lives of people who have mood disorders.

Half of Us

www.halfofus.com

Through Half of Us, mtvU and [The Jed Foundation](#) aim to initiate a public dialogue to raise awareness about the prevalence of mental health issues and connect students to the appropriate resources to get help.

National Alliance on Mental Illness

www.nami.org

NAMI Helpline [800-950-NAMI](tel:800-950-NAMI) 10:00 AM – 6:00PM ET Monday-Friday

Crisis Text Line- Text NAMI to 741-741

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

Psychology Today

www.psychologytoday.com

Use the "Find a Therapist" tool and search by city, zip code or provider name to locate a therapist, psychiatrist, support group or treatment center to meet your mental health needs.

Ulifeline

www.ulifeline.org/bu

Phone (non-emergency and for general information): 212-647-7544

ULifeline is an anonymous, confidential, online resource center, where college students can be comfortable searching for the information they need and want regarding emotional health. This site also has BU specific information about support services on campus.

Alcohol and Other Drugs

Alanon and Alateen

www.al-anon.alateen.org

Phone: 757-563-1600

Fax: 757-563-1656

Email: wso@al-anon.org

In Al-Anon and Alateen, members share their own experience, strength, and hope with each other. You will meet others who share your feelings and frustrations. We come together to learn a better way of life, to find happiness whether the alcoholic in our lives is still drinking or not.

Alcoholics Anonymous

www.aa.org

General Service Office Phone (serving U.S. and Canada): 212- 870-3400

Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem.

Substance Abuse and Mental Health Services Administration

Phone: 877-SAMHSA-7 (877-726-4727)

www.samhsa.gov

SAMHSA Hotline 1-800-662-4357 (HELP)

TTY: 1-800-487-4889

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.

Marijuana Anonymous

www.marijuana-anonymous.org

Phone: 800-766-6779

The primary purpose of Marijuana Anonymous is to help the addict who still suffers. Therefore, public outreach, in the form of education, information, and awareness is an important aspect of our program. In addition to serving addicts, we welcome interest and inquiries from service providers in all areas - medical, the court system, educators, social workers, counselors - as well as from the general public.

Narcotics Anonymous

www.na.org

Phone: 818-773-9999

Fax: 818-700-0700

Narcotics Anonymous is an international, community-based association of recovering drug addicts with nearly 67,000 weekly meetings in 139 countries worldwide.

Addiction Center

www.addictioncenter.com

Phone: 877-416-1550

Email: Contact@addictioncenter.com

For 24/7 Treatment Help Call: 855-428-6156

Addiction Center was founded by recovering addicts and health information writers. Our goal is to provide the most up-to-date information on addiction as well as reviews of top treatment centers across the country.

Dating and Domestic Violence and Sexual Assault

National Center on Domestic and Sexual Violence

www.ncdsv.org

Phone and Fax: 512-407-9020

National Domestic Violence Hotline- 800-799-SAFE (7233)

The National Center on Domestic and Sexual Violence (NCDSV) designs, provides, and customizes training and consultation, influences policy, promotes collaboration and enhances diversity with the goal of ending domestic and sexual violence.

RAINN National Sexual Assault Hotline

www.rainn.org

National Sexual Assault Hotline- 800-656-HOPE (4673)

RAINN (Rape, Abuse & Incest National Network) is the nation's largest anti-sexual violence organization. RAINN created and operates the National Sexual Assault Hotline (800.656.HOPE, online.rainn.org y rainn.org/es) in partnership with more than 1,000 local sexual assault service providers across the country and operates the DoD Safe Helpline for the Department of Defense. RAINN also carries out programs to prevent sexual violence, help survivors, and ensure that perpetrators are brought to justice.

Eating Disorders

National Association of Anorexia Nervosa and Associated Disorders www.anad.org

ANAD Helpline- 630-577-1330- 10am-6pm (EST) Monday-Friday

ANAD is the oldest organization aimed at fighting eating disorders in the United States. ANAD assists people struggling with eating disorders and also provides resources for families, schools and the eating disorder community.

National Eating Disorder Association

www.nationaleatingdisorders.org

NEDA Helpline- 1-800-931-2237- Monday - Thursday from 9:00 am - 9:00 pm and Friday from 9:00 am - 5:00 pm (EST): Holiday Closures

NEDA supports individuals and families affected by eating disorders, and serves as a catalyst for prevention, cures and access to quality care.

LGBT Resources

Campus Pride

www.campuspride.org

Phone: 704-277-6710 from 9 a.m. to 5:30 p.m. EST – Monday through Friday

Campus Pride serves LGBT and ally student leaders and campus organizations in the areas of leadership development, support programs and services to create safer, more inclusive LGBT-

friendly colleges and universities. It exists to develop, support and give “voice and action” in building future LGBT and ally student leaders.

Human Rights Campaign

www.hrc.org

Phone: 800-777-4723

TTY- 202-216-1572

Fax- 202-347-5323

The Human Rights Campaign represents a force of more than 3 million members and supporters nationwide. As the largest national lesbian, gay, bisexual, transgender and queer civil rights organization, HRC envisions a world where LGBTQ people are ensured of their basic equal rights, and can be open, honest and safe at home, at work and in the community.

Trevor Project

www.thetrevorproject.org

West Hollywood Office Phone: 310-271-8845

New York Office Phone: 212-695-8650

Trevor Lifeline- 866-488-7386- Suicide Prevention for LGBTQ youth

Founded in 1998 by the creators of the Academy Award®-winning short film TREVOR, The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.