

Mental Health Resources

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Student Assistance Program Linked in the Student Portal under the Personal Wellbeing/Support Resources tab, the Student Assistance Program offers 24/7, free and confidential help for CSU Global students. The Student Assistance Program houses a range of support, from live assistance and online counseling to articles, skill-building activities, planning tools, seminars, and more

JED www.jedfoundation.org The JED Foundation serves college students with the goal of promoting awareness for emotional health and preventing suicide. This resource is aimed more towards the traditional college student, but includes dedicated resource pages for students, parents, and campus professionals. A related site, <http://www.ulifeline.org/> offers assistance for various topics in its dropdown menus

211 www.211.org An extension of United Way, the 211 phone number and website are free and confidential resources. 211 aims to serve individuals and communities by connecting them to key health and human service resources. It is available nationwide, 24/7, and in all languages

Military One Source www.militaryonesource.mil Military One Source is provided by the Department of Defense at no cost to active duty National Guard and reserve service members (regardless of activation status) as well as their families. It is a virtual extension of installation services. Visit the site above or call 800-342-9647

Psychology Helpline www.apa.org/helpcenter/index.aspx The American Psychological Association's Help Center gathers crisis hotlines and resources related to daily life issues that may affect the emotional and psychological wellbeing of individuals. Topics include stress, work, family, disasters, and how to find a psychologist

911 For local emergency assistance from a fire, crime, car crash, or medical related situation, dial 911

SAMHSA www.samhsa.gov Substance Abuse and Mental Health Services Administration (SAMHSA) is a national helpline that works as a treatment referral and information service for individuals facing a variety of substance use disorders. The helpline is free, confidential, available 24/7, and in English and Spanish. Treatment Referral Line: 800-662-HELP (4357). The website link above provides resources for substance use disorders and general mental health needs

988 Suicide & Crisis Lifeline <https://988lifeline.org/> This suicide prevention resource is available 24/7 and provides free and confidential emotional support to individuals experiencing emotional distress or suicidal thoughts. There are options available for call, text, chat, as well as for the deaf/HoH community.

988 Colorado Mental Health <https://bha.colorado.gov/988> The 988 Colorado Mental Health Line is now the primary way to connect to free, immediate emotional, mental health, or substance use support 24/7 in Colorado. Call/Text 988, or Live Chat at 988Colorado.com.

National Domestic Violence Hotline <https://www.thehotline.org/> The National Domestic Violence Hotline provides free, confidential support 24/7 to help survivors of domestic violence so they can live their lives free of abuse. Services include crisis intervention information, education, and referral services in over 200 languages.
