



“Know Your Mental Health Supports” Activity and Resource Guide

Intro:

Knowing about the mental health resources available to you in your community and at a national level is critical. At Reflect, we know that knowledge can be life-saving. This activity is here to help!

Activity:

1. Review the Resource Guide with your team, executive board, family, or group of friends.
 2. Talk about the resources included, including when and how to seek help.
 3. Research and add your own additional, local resources to the document.
 4. Print, post, and share the document with others.
 5. Save the info in your phone and email.
 6. Review and update this guide on a regular basis. We recommend every three months!
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Local Research:

Consider the following types of community resources to add to your final Resource Guide!

Campus

- Campus Counseling Center
- Campus Medical Center
- Campus Wellness Center
- Campus Sexual Assault Resource
- Campus Substance Use Programs
- Campus Academic Support Services
- University Police
- Peer Support Programs
- Fraternity & Sorority Life
- Campus Diversity, Equity, and Inclusion
- LGBTQ+ Resource Center
- and more!

Local Community

- Community Mental Health Center
- Suicide Prevention Hotline
- Hospitals and Emergency Rooms
- Urgent Care
- Wellness & Support Groups
- Cultural and Ethnic Support Programs
- Domestic Violence Prevention Programs
- Sexual Assault Support Programs
- Substance Use Prevention Programs
- Shelters and Homeless Services
- Food Banks
- Legal Aid & Advocacy
- Police and Emergency Services
- and more!



“Know Your Mental Health Supports”

NATIONAL CRISIS AND SUPPORT SERVICES (FREE AND CONFIDENTIAL)

National Suicide and Crisis Lifeline	For anyone in need of urgent mental health support	Call: Text: 988
National Domestic Violence Hotline	For people experiencing domestic and intimate partner violence	Call: 1-800-799-SAFE (7233) Text: “START” to 88788
National Runaway Safeline	For young people experiencing homeless and housing insecurity	Call: 1-800-RUNAWAY 1-800-786-2929
RAINN	For people who have experienced sexual assault or rape	Call: 1-800-656-HOPE (4673)
The Trevor Project	For LGBTQ+ youth in need of urgent mental health support	Call: 1-866-488-7386 Text: “START” to 678678
Veterans Crisis Line	For Veterans in need of urgent mental health support	Call: 988 (Option 1) Text: “START” 838255

LOCAL RESOURCES

		Call: Text:
		Call: Text:
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