

Online Mental Health Resources

Suicide Prevention & Awareness

[National Suicide Prevention Lifeline](#)

[Crisis Text Line](#)

[American Foundation for Suicide Prevention](#)

[Suicide Awareness Voices of Education](#)

Dating Violence and Sexual Assault

[My Sister's Place](#)

[National Sexual Violence Resource Network](#)

[Rape, Abuse, & Incest National Network \(RAINN\)](#)

Drug and Alcohol Abuse

[Alcoholics Anonymous](#)

[Narcotics Anonymous](#)

[National Council on Alcoholism and Drug Dependence](#)

[National Institute on Drug Abuse: Drug Facts](#)

General Mental Health

[Mental Health America](#)

[MentalHealth.gov](#)

[National Alliance on Mental Illness](#)

Stress Reduction

[How to Reduce Stress in College](#)

[Student Guide to Surviving Stress and Anxiety in College and Beyond](#)

[Tips to Tame Stress](#)