

WHERE TO GO FOR HELP

AT YOUR COLLEGE

VISIT . . .

Counseling Center

IF YOU NEED HELP . . .

thinking and talking about your relationships and making the most appropriate decisions. It is normal to seek such assistance. This kind of counseling is strictly confidential (unless you are a threat to yourself or others) and usually is provided at no charge, which is a great benefit.

Health Center

seeking prevention and/or treatment.

Campus Support Groups

finding support groups led by professionals for dealing with problems related to excessive alcohol and drug use, abusive sexual relationships, and other issues. Your campus counseling center can help you identify support groups at your college or in your community.

Student Organizations

getting into a small group with other students that share the same interests with you.

ONLINE

GO TO . . .

Columbia University:

<http://www.goaskalice.com>

American Institute of Stress:

<http://www.stress.org>

The American Dietetic Association:

<http://www.eatright.org>

The American Cancer Society:

<http://www.cancer.org>

The Center for Young Women's Health:

<http://www.youngwomenshealth.org/collegehealth10.html>

Substance Abuse and Mental Services Administration:

<http://www.samhsa.gov>

Drug-Rehab:

<http://www.drug-rehab.org>

The Centers for Disease Control and Prevention:

<http://www.cdc.gov>

The National Suicide Prevention Lifeline:

1-800-273-TALK <http://www.suicidepreventionlifeline.org>

IF YOU NEED HELP . . .

getting advice about college student health issues.

dealing with stress.

finding information on healthy eating and nutrition.

finding out how tobacco affects your health and to learn more about the health effects of tobacco.

getting helpful advice on sexual health as well as other issues.

finding up-to-date information about substance abuse and mental health.

finding a private, nonprofit referral service for drug and alcohol rehab treatment.

finding reliable information on disease control.

answering questions about suicide prevention.

National Eating Disorders Association: http://www.nationaleatingdisorders.org	understanding eating disorders.
U.S. Government's Nutrition Information: http://www.nutrition.gov	accessing nutrition information.
Planned Parenthood Federation of America: http://www.plannedparenthood.org	finding resources for planned parenthood.
The University of Chicago's Student Counseling Virtual Pamphlet Collection: http://www.dr-bob.org/vpc/	solving problems in relationships.
The University of Texas Counseling Center on Healthy Romantic Relationships during College: http://cmhc.utexas.edu/healthyrelationships.html	accessing information that explores the ups and downs of romantic relationships.
The Clery Center for Security on Campus: http://clerycenter.org/campus-sexual-violence-elimination-save-act	finding information on the Campus Sexual Violence Elimination (SaVE) Act.
Diversity Web: http://www.diversityweb.org	finding resources related to diversity on campus.
Tolerance.org: http://www.tolerance.org	accessing resources for dealing with discrimination and prejudice both on and off campus.

MY COLLEGE'S RESOURCES
