

National Resources List

Mental Health

1. **The JED Foundation (JED)** recognizes that growing into young adulthood brings intense challenges, and it empowers teens and young adults with the skills and support to grow into healthy, thriving adults. The website provides a mental health resource center and ways to get involved. <https://www.jedfoundation.org/>
2. **Mental Help** provides online mental health and wellness education. MentalHelp.net provides comprehensive mental health and mental illness information on topics like depression, bipolar, suicide, anxiety, addiction, schizophrenia, and more. They also regularly publish original blogs, podcasts, articles and advice columns. <https://www.mentalhelp.net/>
3. **Bring Change to Mind** is a YouTube channel that seeks to end the stigma surrounding mental illness. It includes videos about how to talk to others about mental illness, as well informational videos and videos in which people with mental illnesses share their stories. <https://www.youtube.com/user/BringChange2Mind?app=desktop>
4. **Mindful** is a website containing articles and videos about mindfulness for those that are interested in learning and exploring the practice. The website includes personal stories, news, and advice for those that want to learn about living mindfully. <https://www.mindful.org/>
5. **The Mighty** is a website designed to empower people struggling with health issues and disabilities. The website contains news articles, video content, and users share their personal stories . <https://themighty.com/>
6. **National Alliance on Mental Illness (NAMI)** is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI educates, advocates, and leads on issues related to mental health. NAMI also offers a free helpline that in which they provide free referrals, information, and support to those struggling with mental illness. Helpline: 800-950-NAMI (6264). <https://www.nami.org/>
7. **Mental Health America (MHA)** is a community-based nonprofit working to address the needs of those living with mental illness. MHA has prevention services, early identification and intervention for those at risk, integrated care, services, and support with recovery as the goal. MHA's website has a variety of programs including "Life on Campus", resources for college students. <http://www.mentalhealthamerica.net/>
8. **National Institute of Mental Health (NIMH)** is the lead federal agency for research on mental disorders. NIMH offers health information including statistics on mental health topics and information on research on mental health topics. <https://www.nimh.nih.gov/index.shtml>

9. **Freedom From Fear** is a national non-profit whose goal is to positively impact the lives of those affected by anxiety, depressive and related disorders through advocacy, education, research, and community support. The website includes a free mental health screening and information about anxiety and depression. <http://www.freedomfromfear.org/index.html>
10. **Active Minds** is a non-profit organization that seeks to promote student mental health awareness, reduce stigma, encourage help-seeking, and prevent suicides. Active Minds has more than 450 chapters at colleges and universities across the United States, and promotes systemic and policy changes that support campus mental health. <https://www.activeminds.org/>

Anxiety

1. **Anxiety.org** provides in-depth information on a variety of anxiety disorders including General Anxiety and Panic Disorder. The website works with doctors, therapists, scientists, and specialists to update research and advancements in the field. The goal of this source is to bridge the gap between mental health professionals and those dealing with anxiety disorders. This site further provides a great collection of articles relating to anxiety and daily living, including an article on "College Stress". <https://www.anxiety.org/>
2. **Andrew Kukes Foundation for Social Anxiety (AKFSA)** works to educate those who suffer from social anxiety, mental health, and educational professionals, physicians, family, and the public about the diagnosis and treatment of social anxiety disorder. This source provides information on defining social anxiety, evidence-based treatment, personal stories, and resources. <https://akfsa.org/>
3. **Social Anxiety Association (SAA)** is a non-profit organization to meet the evolving needs of those who have a social phobia/social anxiety. This source provides information on the third largest mental health care problem, social anxiety disorder, with resources for social anxiety groups, Cognitive Behavioral Therapy, and social anxiety news. <http://socialphobia.org/>
4. **Anxiety Resource Center (ARC)** provides support and resources for those suffering with anxiety. This resource is a non-profit organization established to create a physical place where individuals can come together to find support, hope, and inspiration. <http://anxietyresourcecenter.org/>
5. **BeyondOCD.org** this source brings awareness to Obsessive Compulsive Disorder (OCD); what it is, how it is recognized, facts, and Cognitive Behavioral Therapy as the treatment of choice for OCD. Videos and articles are further resources on this website. <http://beyondocd.org/>
6. **Anxiety and Depression Association of America (ADAA)** provides education, treatment, resources, and support for those living with anxiety and/or depression. The website includes blog posts, webinars, podcasts, and videos by ADAA professional members. ADAA also provides treatment options such as types of

therapy, finding a therapist, and resources specifically for college students.
<https://adaa.org/>

Depression

1. **ULifeline** is a project of The Jed Foundation, ULifeline is an anonymous, confidential, online resource center for college students to comfortably search for information regarding emotional health. The Jed Foundation provides ULifeline to all colleges and universities, free of charge. The website further provides facts on depression and other mental health issues, suggestions for wellness, and resources to help a friend or yourself. Text "START" to 741-741 or call 1-800-273-TALK (8255) for help now. <http://www.ulifeline.org/fsu/>
2. **The Steve Fund** the nation's only organization that focuses on supporting the mental health and emotional well-being of young people of color, The Steve Fund works with colleges and universities, non-profits, researchers, families, and young people to build understanding and assistance for the mental and emotional health of young people of color. This source provides programs, resources, and events on mental health and well-being of young people of color. <http://www.stevfund.org/>
3. **Depression and Bipolar Support Alliance (DBSA)** is the leading peer-directed national organization providing hope, help, support, and education to those who have mood disorders such as depression and bipolar disorder. Thorough educational materials, wellness tools, and peer support groups can be located on this site. <https://secure2.convio.net/dabsa/site/SPageServer/?pagename=home>
4. **Half of Us** partners with mtvU and The Jed Foundation to initiate a public dialogue to raise awareness about mental health issues, its prevalence, and to connect students to appropriate resources. The website provides options for "I'm feeling" and "I'm experiencing" that give information and resources for a variety of emotions and situations, including depression. Half of Us further provides facts and ways to help oneself or friends who may be suffering from a mental health illness. <http://www.halfofus.com/>
5. **This Is My Brave (TIMB)** seeks to end the stigma surrounding mental health issues by sharing personal stories through poetry, essay, and original music of individuals living successful lives with a mental illness. TIMB has a blog and YouTube channel that users may browse and upload their personal stories. TIMB also hosts shows around the country for live presentations of these personal stories, which TIMB believes that this storytelling can save lives. <https://thisismybrave.org/>
6. **Anxiety and Depression Association of America (ADAA)** provides education, treatment, resources, and support for those living with anxiety and/or depression. The website includes blog posts, webinars, podcasts, and videos by ADAA professional members. ADAA also provides treatment options such as types of therapy, finding a therapist, and resources specifically for college students. <https://adaa.org/>

Eating Disorders

1. **The National Eating Disorders Association (NEDA)** site provides a variety of resources for individuals struggling with an eating disorder as well as for their friends and family. The site includes a screening tool, a number for the eating disorder help hotline (800-931-2237), a search for treatment providers, a blog, and educational information about eating disorders.
<https://www.nationaleatingdisorders.org/about-us>
2. **National Association of Anorexia Nervosa and Associated Disorders (ANAD)**. This website contains a search tool for support groups and treatment providers; a helpline number for those struggling with (or concerned about someone struggling with) an eating disorder; a request form for support groups, recovery mentors, and grocery shopping buddies; a YouTube channel with recovery stories, and a toolkit for those leaving a treatment center. Helpline: 630-577-1330 with specific hours of Monday-Friday 9am-5pm Central Time.
<http://www.anad.org/>
3. **Binge Eating Disorder Association (BEDA)**. Individuals struggling with Binge Eating Disorder can access educational information, a treatment provider directory, and toolkits about weight stigma on this website.
<https://bedaonline.com/>
4. **Families Empowered and Supporting Treatment for Eating Disorders (FEAST)**. Loved ones of individuals struggling with an eating disorder can view educational materials (such as warning signs, causes, and treatment options), access the site's YouTube channel, view a glossary of eating disorder related terms, and other resources. Loved ones can also access letters and audio content from individuals struggling with an eating disorder, and learn about support group options. <http://www.feast-ed.org/>
5. **Eating Disorder Hope** is a leader in the online Pro-Recovery Movement. This website helps those in eating disorder recovery find hope, health, and healing by supporting their journey and giving them a platform to share their voices. They also provide information on treatment centers, support groups, recovery tools and support, offers education, and brings awareness to different types of eating disorders. <https://www.eatingdisorderhope.com/>
6. **Academy for Eating Disorders (AED)** is a global, professional association to provide research, education, treatment, and prevention for eating disorders. The website includes membership to AED, an expert directory search, and resources including webinars, research articles, and an AED Community.
<https://www.aedweb.org/home>
7. **Project HEAL** provides assistance in accessing treatment in addition to early intervention and recovery support through a new peer mentorship program called "Communities of HEALing". The recent peer mentorship program includes both one-on-one support and support groups, in select cities across the United States. "The HEALers Circle" is a national network of eating disorder treatment providers

who donate their time and services to Project HEAL grant recipients for free.

<https://www.theprojectheal.org/>

8. **Overeaters Anonymous (OA)** is a resource for those who have an eating disorder of overeating. OA provides a variety of meetings including online, telephone, and non-real-time meetings, free of charge and in different languages. A newsletter and podcasts are also available as resources for this site.
<https://oa.org/>
9. **Female Athlete Triad Coalition** is a coalition of non-profit organizations that represent medical, nursing, athletic, and sports medicine groups to promote optimal health and well-being for female athletes and active girls and women. The Female Athlete Triad consists of energy deficiency with or without disordered eating, menstrual disturbances/amenorrhea, and bone loss/osteoporosis. This source provides information and resources for professionals, coaches and parents, and athletes. Also, there is an option to become a student member for yearly dues of \$35 to network with physicians in Sports Medicine and to engage in public outreach.
<http://www.femaleathletetriad.org/>
10. **Food Addicts Anonymous (FAA)** is a Twelve Step program with the belief that food addiction can be managed by eliminating addictive foods, following a food plan, and working through the Twelve Steps of the program. This organization is self-supporting with no dues or fees for membership. Testimonials, tools of recovery, a variety of meeting options, and events throughout the United States.
<http://www.foodaddictsanonymous.org/>

Substance Abuse Services

1. **Substance Abuse & Mental Health Services Administration (SAMHSA)** aims to reduce the impact of substance abuse and mental illness on America's communities by making substance use and mental disorder information more accessible. SAMHSA provides information about treatment and services and support to the families of people with substance use and mental disorders. SAMHSA also offers a helpline that provides 24-hour free and confidential treatment referral and information about prevention and recovery in English and Spanish: 1-800-662-HELP (4357); TDD: 1-800-487-4889; Spanish Suicide Line: 1-888-628-9454. www.samhsa.gov
2. **National Institute on Alcohol Abuse and Alcoholism (NIAAA)** supports and conducts research on the impact of alcohol use on human health and well-being. It is the largest funder of alcohol research in the world and provides information about alcohol policy and support and treatment on its website.
<https://www.niaaa.nih.gov/>
3. **Start Your Recovery** contains information about substance abuse and recovery in college, videos from students who have experienced substance abuse in college, a link to SAMHSA's treatment provider search tool, and links to other resources. <https://startyourrecovery.org/who/college>

4. **Alcoholic Anonymous (A.A.)** 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. <https://www.aa.org/>
5. **Cocaine Anonymous (C.A.)** is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others recover from their addiction. The only requirement for membership is a desire to stop using cocaine and all other mind-altering substances. There are no dues or fees for membership. <https://ca.org/>
6. **Recovery** connects people and their families with the information and resources to help them recover from substance abuse and behavioral disorders. Recovery.org also offers a free helpline and an addiction treatment directory that contains more than 8,000 listings for facilities, recovery programs, and recovery resources across the United States. Helpline: 1-888-892-184. <https://www.recovery.org>
7. **Center for Substance Abuse Treatment (CSAT)** is responsible for supporting treatment services and disseminating findings to the field and promoting their adoption. CSAT also operates the 24-hour National Treatment Referral Hotline, 1-800-662-HELP (4357), which offers information and referral services to people seeking treatment programs and other assistance. www.samhsa.gov/about-us/who-we-are/offices-centers/csat
8. **Sober Nation** is a website geared toward those who are recovering from addiction or seeking guidance and support in the withdrawal process. This site offers a sense of community to those who are struggling and several articles and posts share personal stories of addiction and recovery. For those seeking immediate help, Sober Nation offers a free and confidential 24-hour hotline: 866-317-7050. <https://sobernation.com/>
9. **Addiction Center** is a referral service that provides information about addiction treatment practitioners and facilities. Addiction Center can help you find treatment based on your location, budget, and specific needs. For immediate treatment help call: 855-409-6820. All calls are free and confidential. <https://www.addictioncenter.com/>
10. **Faces & Voices of Recovery** is an online support group is devoted to providing help, guidance, and support for those who are recovering from addiction, and encourages such individuals to share their stories and join the movement to advocate for reduced addiction stigma. On the website, visitors will find links to videos and stories of people in recovery along with a webinar series on the importance of living in “safe, sober, and peer-supportive environments” while in recovery. <https://facesandvoicesofrecovery.org/>

Physical and Sexual Violence

1. **Day One.** If you are 24 years old or younger and have experienced dating abuse, sexual trauma and/or domestic violence, you can call Day One's free and confidential hotline, available in English and Spanish, or text to ask for help and resources. They provide legal services and additional services for LGBTQ+ and questioning youth who are struggling with intimate partner abuse. Toll Free Hotline: 800-214-4150. Text line: 646-535-DAY1 (3291). This website has an exit button if you may need to leave the site quickly. <https://www.dayoneny.org/>
2. **National Sexual Violence Resource Center** offers a wide variety of information relating to sexual violence, including a large legal resource library for survivors, friends and family, and advocates and educators. This website has an exit button if you may need to leave the site quickly and is available in Spanish. <https://www.nsvrc.org/>
3. **National Organization of Sisters of Color Ending Sexual Assault (SCESA)** has an excellent resources page for women of color looking for treatment centers and organizations dedicated to serving sexual assault survivors locally and nationally. The site also offers music, film, and book recommendations for survivors. This website has an exit button if you may need to leave the site quickly. <http://sisterslead.org/>
4. **Florida Council Against Sexual Violence (FCASV)** has a mission to lead, educate, serve and network on behalf of all individuals impacted by sexual violence. FCASV is a statewide non-profit agency that serves as a coalition of the state's rape crisis programs. FCASV provides information, assistance and leadership on all aspects of sexual violence, including rape, child abuse, stalking and sexual harassment. Rape Crisis Hotline: 1-888-956-RAPE (7273). This website is available in Spanish. www.fcasv.org/
5. **Male Survivor** has information on male sexual abuse, healing resources, and a therapist search for male survivors of sexual violence. <https://www.malesurvivor.org/index.php>
6. **Rape Abuse and Incest National Network (RAINN)** instantaneously connects callers to the nearest rape crisis center, providing counseling and support. RAINN also provides information on sexual assault, prevention, and what to do after sexual assault on its website. Hotline: 800-656-HOPE (4673) and a live chat on the website. This website is available in Spanish. www.rainn.org
7. **National Online Resource Center on Violence Against Women (VAWnet)** hosts a resource library home of thousands of materials on violence against women and related issues, with particular attention to the intersections of sexual and domestic violence, racism, poverty, mental health, and homophobia. This website has an exit button if you may need to leave the site quickly. <https://vawnet.org/>
8. **National Coalition Against Domestic Violence (NCADV)** is dedicated to empowering victims and changing society to a zero tolerance policy by providing programs and education on the impact of domestic violence. This website has an exit button if you may need to leave the site quickly. <http://www.ncadv.org/>

9. **National Domestic Violence Hotline** is free, confidential, and available 24/7/365 in English and Spanish. On the website, there's a chat function that's also available 24/7 and a wealth of resources with info for state coalitions, counseling services, shelters, and legal aid. There's also a library of articles about healthy relationships, boundaries, and recognizing abuse. Hotline: 1-800-799-7233; TTY 1-800-787-3224. This website has an exit button if you may need to leave the site quickly. <http://www.thehotline.org/>
10. **Florida Coalition Against Domestic Violence (FCADV)** links callers to the nearest domestic violence center and provides translation assistance when needed. FCADV maintains a resource library of books, periodicals, videos and other resources regarding domestic violence issues. Available 24 hours a day, 7 days a week. Hotline: 1-800-500-1119; TTY: 1-800-621-4202. This website is available in multiple languages and has an exit button if you may need to leave the site quickly. www.fcadv.org
11. **The Anti-Violence Project (AVP)** offers free, bilingual (English/Spanish) crisis intervention and support 24/7 to LGBTQ and HIV-affected survivors, and the friends and family of survivors of any type of violence, including those who have lost a loved one to violence. Callers receive immediate crisis counseling and safety planning, as well as access to ongoing counseling, advocacy, and onsite legal services. Hotline: 212-714-1141. <https://avp.org/>
12. **Loveisrespect** has a mission to empower youth and young adults to prevent and end abusive relationships. This website offers advice and information on healthy dating. They also have well trained peer advocates available and offer help for safety planning, support systems, self-care, abuse on campus, calling the police, documenting abuse, and obtaining a restraining order. Guidance is also offered for LGBTQ survivors and undocumented survivors as well. Call: 1-866-331-9474; [TTY: 1-866-331-8453](tel:1-866-331-8453); Text: loveis to 22522. This website is available in Spanish. This website has an exit button if you may need to leave the site quickly. <http://www.loveisrespect.org/>
13. **Safe Horizon** has a free, 24-hour, confidential national hotline in English and Spanish for domestic and sexual violence survivors; and victims of other violent crimes. Counselors are available to talk about recent and past violent incidences, as well as help victims figure out their next steps, whether that's in the form of counseling, legal aid, safety planning, or finding a shelter. Hotline: 1-800-621-HOPE (4673). This website is available in Spanish. This website has an exit button if you may need to leave the site quickly. <https://www.safehorizon.org/>
14. **The National Center for Victims of Crime** is a place for victims of any crime nationwide to learn about their rights and seek out resources, including legal aid, advocacy, and treatment. Hotline: 855-4-VICTIM (2846) with specific hours of Monday-Friday 8:30am-7:30pm and the online chat is available Monday-Friday 9:30am-6:30pm. <https://victimsofcrime.org/>; <https://victimconnect.org/> is the website for confidential referrals. Both websites have an exit button if you may need to leave the site quickly.

15. **Stalking Resource Center** is a program of the National Center for Victims of Crime. Their website provides statistics on stalking, information on safety planning, training, an information clearinghouse, and other resources. This website has an exit button if you may need to leave the site quickly.
<http://victimsofcrime.org/our-programs/stalking-resource-center>

Suicide Prevention Services

1. **National Suicide Prevention Lifeline** provides 24/7, free and confidential support for people in distress, along with prevention and crisis resources. Hotline: 1-800-273-TALK (8255). This website is available in Spanish and accessible for the deaf and hard of hearing. <https://suicidepreventionlifeline.org/>
2. **2-1-1 BIG BEND** provides emotional support, crisis counseling, human service referral database, and suicide prevention and information 24/7. They have skilled hotline counselors that will treat your call confidentially and you remain anonymous. Hotline: Call 2-1-1 or 850-617-6333. <http://www.211bigbend.org/>
3. **American Foundation for Suicide Prevention (AFSP)** raises awareness, funds scientific research and provides resources and aid to those affected by suicide. <https://afsp.org/>
4. **Crisis Text Line** serves anyone, in any type of crisis, providing access to free, 24/7 support and information via text. Every texter is connected with a Crisis Counselor, a real-life human being trained to bring texters from a moment of crisis to calm through active listening and collaborative problem solving. Text 741741 from anywhere in the USA to text with a trained Crisis Counselor. <https://www.crisistextline.org/>
5. **Suicide Awareness Voices of Education (SAVE)** is a non-profit organization that believes that suicide is preventable through raising public awareness, educating communities, and equipping every individual with the right tools. The website offers information on suicide, finding help, and a large amount of resources for education and grief support. <https://save.org/>
6. **Suicide Prevention Resource Center (SPRC)** is the nation's only federally supported resource center, working towards the advancement of the National Strategy for Suicide Prevention. SPRC offers technical assistance, training, and materials to increase education and awareness for suicide prevention practitioners and other professionals serving individuals at risk for suicide. The website offers information about suicide overall, and specific to populations including racial/ethnic Groups and LGBT, in addition to a variety of prevention information, resources and programs, and news on suicide prevention. <http://www.sprc.org/>
7. **Dave Nee Foundation** focuses on the legal sector by raising awareness and providing information and resources on depression and suicide to law students and attorneys. The foundation works to eliminate the stigma associated with depression and suicide through candid discussion, education, and early treatment of depression and/or suicidal thoughts. The website offers great

information on how depression affects law students and attorneys with programs such as Uncommon Counsel, LawLifeline, and the Law Student Mental Health Day to raise awareness. <http://www.daveneefoundation.org/>

8. **National Organization for People of Color Against Suicide (NOPCAS)** is a non-profit organization and the only national organization of its kind addressing the issue of suicide prevention and intervention in communities of color. With a mission on increasing suicide education and awareness, NOPCAS offers training materials, manuals, videos, and DVDs to collaborating communities. The website provides information on suicide, support groups including an online crisis network, and resources. <http://nopcas.org/>
9. **IMAlive** is a live, online network where users can instant message when in crisis. This network is the world's first virtual crisis center and all of its volunteers are trained in crisis intervention. IMAlive provides a free, confidential and secure online chat service in addition to Alive! Mental Health Fair on college campuses, blogs, and an opportunity to volunteer. <https://www.imalive.org/>
10. **To Write Love on Her Arms (TWLOHA)** is a non-profit dedicated to presenting hope and finding help for those suffering with depression, addiction, self-injury, and suicide. The website offers a variety of ways to get involved with the TWLOHA movement through online, your local community, professionally, and national events. A blog containing many topics can be found on the website in addition to a store of products with encouraging messages. <https://twloha.com/>
11. **Suicide.org** provides information on suicide, prevention, and intersections of suicide such as divorce, rape, bullying, mental health, and more. This website also provides a list of Florida suicide and crisis hotlines by city. <http://www.suicide.org/index.html>

LGBTQ+ Resources

1. **American Civil Liberties Union (ACLU)** is an organization that defends groups of people whose rights are threatened and to promote civil liberties while working in courtrooms, legislatures, and communities. Students can join ACLU online and donate, any amount, to become a member. Students can further support a variety of petitions online regarding issues such as LGBT rights. <https://www.aclu.org/>
2. **GLBT National Help Center:** provides peer-support, community connections, and information to resources relating to questions on sexual orientation or gender identity. The help center has three national hotlines: the LGBT National Hotline, the LGBT National Youth Talkline, and the SAGE LGBT Elder Hotline. This resource is for students who may be questioning their own sexual orientation and/or gender identity or those students who have questions regarding these topics. The LGBT National Hotline provides a personal conversation in a safe environment to ask questions, talk about one's experiences, and to connect to available resources. The toll free number for the LGBT National Hotline is 1-888-

843-4564 available Monday-Friday from 1pm-9pm Pacific time and 4pm-Midnight Eastern time. This website has an exit button if you may need to leave the site quickly. <https://www.glbthotline.org/>

3. **Parents, Families, and Friends of Lesbians and Gays (PFLAG)** is an organization promoting families, allies, and those who identify as LGBTQ. PFLAG's mission includes education on issues and challenges that the LGBTQ community go through and advocacy in communities on part of the LGBTQ community. This source can be useful when discussing sexual orientation to one's family or friends and includes chapters across the country. This website has an exit button if you may need to leave the site quickly. <https://www.pflag.org/>
4. **Gay and Lesbian Advocates and Defenders (GLAD)** provides LGBTQ Legal Advocates and Defenders to create a society free of discrimination through litigation, advocacy, and education. GLAD's lawyer referrals are in the New England area, but this organization provides information on your rights, events, and accepts donations for continuing the cause. <https://www.glad.org/>
5. **National Center for Transgender Equality** is an organization that works to create policy change to promote transgender equality including gender designations on legal documents like passports and Social Security records and educating policymakers. This provides information for those who have questions regarding transgender people, and understanding one's rights as a transgender individual. <https://transequality.org/>
6. **Bisexual Resource Center (BRC)** provides support to the bisexual community and works to raise public awareness about bisexuality and those who identify as bisexual. This source provides resources on bisexuality, finding a bi group, a blog, and information on Bisexual Health Awareness Month. <http://biresource.org/>
7. **The Matthew Shepard Foundation** has a mission of erasing hate and replacing it with understanding, compassion, and acceptance through empowerment of individuals finding their voice to create change. This foundation offers Matthew's Place, a forum for the LGBTQ+ community to post questions and start conversations, and crucial information on reporting hate crimes. <https://www.matthewshepard.org/>
8. **The National Queer Asian Pacific Islander Alliance (NQAPIA)** is a federation of lesbian, gay, bisexual, and transgender Asian American, South Asian, Southeast Asian, and Pacific Islander organizations (AAPI) that work to grow local LGBT AAPI groups while promoting leadership, visibility, educating communities, enhancing grassroots, expanding collaborations, and challenging homophobia and racism. NQAPIA is a great source for those who identify as LGBTQ and Asian or Pacific Islander. Students may join the federation online, utilize their resources, support their programs and campaigns, or attend their yearly conference. <http://www.nqapia.org/wpp/>
9. **The National Black Justice Coalition (NBJC)** is a civil rights organization working to empower those of the LGBTQ community, same gender loving (SGL),

and those living with HIV/AIDS. This organization has a “Get Involved” tab including spreading the word of NBJC and donating in addition to information on issues affecting the population of the Black LGBTQ, SGL, and HIV/AIDS community. <http://nbjc.org/>

10. **The Trevor Project** provides crisis intervention and suicide prevention services to LGBTQ individuals under the age of 25. This source includes crisis counseling, a sense of community to LGBTQ young people to reduce the risk of becoming suicidal, education on LGBTQ-competent suicide prevention, risk detection, and response, and advocating for laws and policies that aid in reducing suicide among the population of LGBTQ young people. The Trevor Project includes a 24/7/365 TrevorLifeline at 866-488-7386 in addition to TrevorChat and TrevorText.

<https://www.thetrevorproject.org/#sm.00001opq0w37mwco6qkuup92mn7xr>

11. **Campus Pride** is the leading national non-profit for student leaders and campus groups to work together to provide a safer college environment for LGBTQ students. Campus Pride offers resources, programs, and services to support LGBTQ and ally students on college campuses nationwide. The website includes sources for college, job, and career fairs as well as Stop the Hate, an initiative to develop and implement strategies to reduce hate crimes on college campuses. Campus Pride further offers Camp Pride for undergraduate students and Advisor Academy for advisors, faculty, staff, and professionals who all will learn leadership capacity among LGBTQ and allies to create a safer and more inclusive campus communities. <https://www.campuspride.org/>

Health and Wellness Resources

1. **American College Health Association (ACHA)** serves as the voice for student health and wellness. This organization serves college health and wellness professionals and leaders to advance the health and wellness of college students. ACHA offers a variety of resources, networks, and programs and services including “College Health Topics (A-Z)”. Students can become a member for an annual due of \$35; however, all information is free and available to all users on the website. <http://www.acha.org/>
2. **Center for Young Women’s Health (CYWH)** provides researched health information, educational programs, and conferences for teen girls and young women. The Center desires to empower young women to take an active role in their own health care through an understanding of normal health and development in addition to specific diseases and conditions. The website provides an extensive list of questions that have been asked and answered by health professionals. Users can ask additional questions if they do not see an answer for a question that they may have. The site also contains health guides in English and Spanish along with information on general health, sexual health, gynecology, medical conditions, nutrition and fitness, and emotional health. <https://youngwomenshealth.org/>

3. **The Partnership for Male Youth** focuses on identifying and addressing the unique and unmet health care needs of adolescent and young adult males. The site provides resources and policy information regarding young men's health. <https://www.partnershipformaleyouth.org/>
4. **World Professional Association for Transgender Health (WPATH)** is a non-profit organization promoting evidence-based care, education, research, advocacy, public policy, and respect in transgender health. The website offers education, resources including recommended readings, and publications relating to transgender health. Students can become a member for an annual due of \$35. <https://www.wpath.org/>
5. **HazingPrevention.Org** is a national organization working to empower individuals to prevent hazing by providing education and resources, advocating on hazing prevention, and building partnerships. The website provides information and statistics on hazing in addition to resources including stories and articles, and educational materials. <https://hazingprevention.org/>
6. **Bedsider** is an online birth control support network for women ages 18-29. The website offers information on a variety of birth control methods such as exploring and comparing different methods, where to receive these birth control methods including an option to be delivered to your door, reminders for birth control or appointments, and articles, real stories, and debunking myths from facts. This website is available in Spanish. <https://www.bedsider.org/>
7. **USDA Center for Nutrition Policy & Promotion (CNPP)** was established to improve the nutrition and well-being of Americans. The main program of CNPP is the MyPlate initiative. MyPlate is a reminder to find your healthy eating style and to incorporate it into your daily living. MyPlate has a section dedicated to college students with resources, recipes, and information on campaigns to educate college students about healthy eating on their campuses. <https://www.choosemyplate.gov/>
8. **Sleep.org by the National Sleep Foundation** focuses on the emerging field of research on sleep health and provides information on the science of sleep. In the search bar, users can simply search "college" to find easy-to-read articles relating to college and sleep such as how to sleep with roommates, all-nighters, and nap rooms for students. <https://sleep.org/>
9. **American Institute of Stress (AIS)** developed the mission of improving the health of communities and the world by education, research, clinical care, and in the workplace relating to stress management. AIS educates medical practitioners, scientists, health care professionals, and the public while conducting research and providing information, training, and techniques to prevent human illness from stress. The website contains magazines and a learning center with resources such as videos and music therapy. Simply search "college" in the search bar for articles relating to stress and college students with tips on reducing stress in college. <https://www.stress.org/>