

# Mental Health Resource Guide for College Students

Dear Students,

We understand that college life can be both exciting and overwhelming. Mental health is a vital part of your overall well-being, and we are committed to supporting you through your journey. Below is a list of resources available to you:

## On-Campus Resources:

- **Counseling Center:** Provides free and confidential counseling services. Location: Student Union, Room 101. Phone: (123) 456-7890.
- **Health Services:** Offers medical and psychiatric care. Location: Health Center, Main Campus. Phone: (123) 456-7891.
- **Peer Support Groups:** Sessions are held weekly. Check the student portal for schedules.

## Emergency Contacts:

- **National Suicide Prevention Lifeline:** Call 1-800-273-TALK (8255) for 24/7 support.
- **Crisis Text Line:** Text "HELLO" to 741741 for confidential texting support.

## Online Resources:

- **Active Minds:** [[www.activeminds.org](http://www.activeminds.org)](<http://www.activeminds.org>)
- **Mindfulness for Students:** [[www.mindfulnessforstudents.com](http://www.mindfulnessforstudents.com)](<http://www.mindfulnessforstudents.com>)

Remember, seeking help is a sign of strength. We encourage you to utilize these resources and take care of your mental health.

Sincerely,

[Your Name]

[Your Position]

[Your College/University]