

## **COLLEGE MENTAL HEALTH:**

- [Active Minds](#) - Dedicated to raising mental health awareness among college students via peer-to-peer dialogue & interaction
- [The JED Foundation](#) - Dedicated to promoting emotional health & preventing suicide on college campuses
- [U-Lifeline](#) - Online resources for college mental health, sponsored by the JED Foundation
- [Half of Us](#) - Raising public dialogue & awareness about prevalence of mental health issues, from MTV and the JED Foundation
- [Students Against Depression](#) - Provides resources to help you find a way forward, offering advice, information, & screenings
- [Athletes & Mental Health](#) - Online resources from the NCAA Sport Science Institute
- [Study.com](#) - A guide to mental health for college students

## **GENERAL MENTAL HEALTH:**

- [American Psychological Association](#) (APA)
- [Anxiety & Depression Association of America](#) (ADAA)
- [Mental Health America](#) (MHA)
- [National Institute of Mental Health](#) (NIMH)
- [Substance Abuse and Mental Health Services Administration](#) (SAMHSA)