

HEALTH & WELLNESS RESOURCE GUIDE

Northcentral University is committed to the wellbeing and safety of its students, faculty, and staff. The University is dedicated to promoting a safe and inclusive environment for its community members.

As a member of the NCU community, you may experience challenges – personally, professionally, academically – and need assistance working through these challenges.

This guide contains a listing of external resources to assist you in overcoming obstacles that may be placed in your path. Keep it handy and refer back as often as needed.

Remember, you have what it takes.



HEALTH AND WELLNESS RESOURCES

If you are depressed or anxious, stressed, in need of counseling, or experiencing grief or loss, know that there are resources to help. Find the resource that's right for you and take the next step. Get the help you need.

Resources for Mental Health

National Alliance on Mental Illness

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

National Institute of Mental Health

<https://www.nimh.nih.gov/index.shtml>

U.S. Department of Health and Human Services

<https://www.mentalhealth.gov/>

Anxiety and Depression Association of America

<https://members.adaa.org/page/FATMain>

Depression and Bipolar Support Alliance

<http://findapro.dbsapages.org/>

SMART Recovery

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

Resources for Grief and Loss

Center for Grief Recovery and Therapeutic Services

<https://griefcounselor.org/>

The Grief Recovery Method

<https://www.griefrecoverymethod.com/>

American Counseling Association

<https://www.counseling.org/knowledge-center/mental-health-resources/grief-and-loss-resources>

Resources for Stress

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

<https://www.apa.org/topics/stress/>

If you feel you need immediate help or emergency assistance, please call 911

SAMHSA (Behavioral Health Treatment Services Locator)

Locate professionals who can help with substance abuse, depression and anxiety, stress, grief and loss, etc. Visit

<https://findtreatment.samhsa.gov/>



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HEALTH AND WELLNESS RESOURCES

If you are distressed or considering self harm, know that help is available to you. There are many options offered to fit your specific needs– call, text or chat. Choose the resource that’s right for you and reach out; let someone know you are struggling.

National Suicide Prevention Lifeline

Call 1-800-273-TALK (8255) or text “START” to 741-741 (press 1 for veterans and 2 for nonveterans)

Suicide Hotline

Call 1.800.SUICIDE or (1-800-784-2433)

The Trevor Project (LGBTQ)

Call 1-866-488-7386

Resources specifically for veterans:

Locate and call a [VA Suicide Prevention Coordinator](#) or text the VA responder line at 838255. Or visit any of the websites below-

<https://www.mentalhealth.va.gov/>

<https://www.veteranscrisisline.net/ActiveDuty.aspx>

<https://www.vetsselfcheck.org/Welcome.cfm>

<https://www.veteranscrisisline.net/ChatTermsOfService.aspx>

Click the links below for more information:

<http://www.sprc.org/>

<https://stopasuicide.org/>

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

<https://findahealthcenter.hrsa.gov/>

If you feel you need immediate help or emergency assistance, please call 911

National Suicide Prevention Lifeline

Call 1-800-273-TALK (8255) or text “START” to 741-741



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HEALTH AND WELLNESS RESOURCES

If you are seeking assistance for drug or alcohol abuse, know that help is available to you. There are many resources that offer services to help you overcome substance abuse. Let someone know you are struggling.

Resources for Drug and Alcohol Abuse:

Al-Anon Family Groups

Call 1-888-4AL-ANON (1-888-425-2666) or visit <https://al-anon.org/>

Alcoholics Anonymous

Visit <http://www.aa.org/>

Cocaine Anonymous

Visit <https://ca.org/>

Narcotics Anonymous

Visit <https://www.na.org/>

National Council on Alcoholism and Drug Dependence, Inc.

Call 800-622-2255 or visit <https://www.ncadd.org/>

National Institute on Alcohol Abuse and Alcoholism

Visit <https://www.niaaa.nih.gov/>

National Institute on Drug Abuse

Call 1-800-662-HELP (1-800-662-4357) or visit <https://www.drugabuse.gov/>

SAMHSA (Behavioral Health Treatment Services Locator)

Visit <https://findtreatment.samhsa.gov/>

If you feel you need immediate help or emergency assistance, please call 911



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HEALTH AND WELLNESS RESOURCES

If you have are experiencing domestic or sexual violence, or know someone who has, know that you are not in this alone. Help is available to you and to them. Visit any of the resources below for details on services offered surrounding domestic or sexual violence.

Resources for Domestic or Sexual Violence:

National Domestic Violence Hotline- Call (800) 799-SAFE (7233) or visit <http://www.thehotline.org/>

RAINN- Call (800) 656-HOPE (4673) or visit <https://www.rainn.org>

National Center for Victims of Crime- Visit <http://www.victimsofcrime.org/home>

Domestic Shelters- Visit <https://www.domesticshelters.org/>

National Alliance to End Sexual Violence- Visit <http://www.endsexualviolence.org/>

The NW Network- Call (206) 568-7777 or visit <http://nwnetwork.org/>

FORGE- Call (414) 559-2123 or visit <http://forge-forward.org/>

Casa de Esperanza- Call 651-772-1611 or visit <https://casadeesperanza.org/>

loveisrespect- Call (866) 331-9474 or visit <http://www.loveisrespect.org/>

NO MORE- Visit <http://nomore.org/local-organizations/>

It's On Us- Visit <https://www.itsonus.org/>

One Love Foundation– Visit <http://www.joinonelove.org/>

MaleSurvivor- Visit <http://www.malesurvivor.org/>

1in6- Visit <https://hotline.rainn.org/1in6/terms-of-service.jsp>

If you feel you need immediate help or emergency assistance, please call 911



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