

# NAMI on Campus Resources

## General Mental Health Information

National Institute of Mental Health

[www.nimh.nih.gov](http://www.nimh.nih.gov)

NIMH's web site contains accurate information on all mental illnesses. The web site also offers specific information to different demographics as well as current research findings in mental health.

National Mental Health Association

[www.nmha.org](http://www.nmha.org)

NMHA works to improve the mental health of all Americans, especially the 54 million people with mental disorders, through advocacy, education, research and service.

Centers for Disease Control and Prevention (CDC)

[www.cdc.gov](http://www.cdc.gov)

The CDC has data and statistics on suicide and increasingly has information available on mental illnesses.

Mental Health: A Report by the Surgeon General

<http://www.surgeongeneral.gov/library/mentalhealth/toc.html>

Provides a very detailed and descriptive analysis of many fields of mental health including: etiology, treatment, legal aspects, and a vision for the future.

World Federation of Mental Health

[www.wfmh.com](http://www.wfmh.com)

The World Federation for Mental Health is the only international, multidisciplinary, grassroots advocacy and education organization concerned with all aspects of mental health.

### Student Resources

The Jed Foundation

[www.jedfoundation.org](http://www.jedfoundation.org)

This is a foundation established by two parents whose son committed suicide in college. The Jed Foundation is dedicated to bettering the lives of those with mental illness and preventing suicide, specifically within the college atmosphere. They offer programs for students, parents, and colleges, as well as a wealth of current information and news about mental health.

Ulifeline

[www.ulifeline.org](http://www.ulifeline.org)

This web site, an extension of the Jed Foundation, is specifically tailored to college students looking for answers to questions and other information in multiple areas of mental health. The services on this interactive web site include: links to many universities' counseling centers across the country, an online screening program using the Duke Diagnostic Psychiatry Screening Program, a library on mental health topics and a drug database.

The Student Counseling Virtual Pamphlet Collection-provided by the University of Chicago

<http://counseling.uchicago.edu/vpc/virtulets.html>

This extremely comprehensive guide offers information on a multitude of issues ranging from alcohol use and abuse to assertiveness to eating disorders to depression and everything in between. Under each topic there are many links from universities across the country that provide articles and information about the relevant issue.

Campusblues.com

[www.campusblues.com](http://www.campusblues.com)

Campusblues.com offers solutions and advice to many typical college problems such as dealing with roommates, test taking, homesickness and other issues the typical college student faces on a daily basis.

University of Michigan School of Social Work-Supported Education Information

[www.ssw.umich.edu/sed/about.html](http://www.ssw.umich.edu/sed/about.html)

Provides information on supported education and the benefits it has for students dealing with a mental illness while attending college.

Americans with Disabilities Act and Section 504 of the Rehabilitation Act of 1973

<http://www.bu.edu/cpr/reasaccom/whatlaws-adaleg.html>

This web page offers detailed information describing the law and protections a student is allowed under Section 504 of the Rehabilitation Act of 1973 and the ADA.

National Institute of Mental Health-Student Section

[www.nimh.nih.gov/publicat/students.cfm](http://www.nimh.nih.gov/publicat/students.cfm)

NIMH provides detailed, accurate and helpful information tailored to students in this section of their web site.

Screening for Mental Health-College Response

<http://www.mentalhealthscreening.org/college/index.aspx>

This website offers information about screenings for many mental illnesses with the goal of early detection in mind.

### Suicide Awareness and Prevention

The American Association of Suicidology

[www.suicidology.org](http://www.suicidology.org)

This organization is dedicated to understanding and preventing suicide. They offer resources and education on the issue of suicidology.

The American Foundation for Suicide Prevention

[www.afsp.org](http://www.afsp.org)

The AFSP strives to support research projects furthering the understanding and prevention of suicide. They offer many resources as well in order to educate people on the nature of suicide. Also, they post all current news involving suicide, prevention, and government legislation.

Suicide Prevention Action Network USA

[www.spanusa.org](http://www.spanusa.org)

SPANUSA is a growing organization dedicated to suicide awareness and prevention. SPANUSA has local affiliates and state affiliates and continues to grow. The web site offers opportunities to make a difference in your state or local community, and also provides articles and information on suicide prevention.

Yellow Ribbon International

[www.yellowribbon.org](http://www.yellowribbon.org)

This organization has chapters throughout the world, all dedicated to understanding and preventing suicide.

International Association for Suicide Prevention

[www.med.uio.no/iasp](http://www.med.uio.no/iasp)

IASP is dedicated to preventing suicidal behavior, to alleviate its effects, and to provide a forum for academia professionals, mental health professionals, crisis workers, volunteers and suicide survivors at a global level.

Rita Project

[www.ritaproject.org](http://www.ritaproject.org)

Rita (Sanskrit for Truth) is a global movement to stop suicide and to celebrate life. Rita Project is a 501c3 non-profit organization devoted to using the arts to help survivors of suicide connect with the power of creation, and in doing so, foster transformation.

Suicide Reference Library

[www.suicidereferencelibrary.com](http://www.suicidereferencelibrary.com)

This organization provides a large amount of information for those involved in suicide awareness, grief support or educational activities.

Specific Illnesses and Disorders

University of Michigan Depression Center

[www.med.umich.edu/depression](http://www.med.umich.edu/depression)

The mission of the University of Michigan Depression Center is to develop, disseminate, and advance state-of-the-art science, education, treatment and prevention strategies for clinical depression.

Depression and Bipolar Support Alliance

[www.dbsalliance.org](http://www.dbsalliance.org)

Provides information on the disorders and also has over 1000 support centers throughout the country that people can join.

National Alliance for Research on Schizophrenia and Depression

[www.narsad.org](http://www.narsad.org)

A not for profit group who is dedicated to raising money for research for both disorders.

The National Eating Disorders Association

[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

The National Eating Disorders Association (NEDA) is the largest not-for-profit organization in the United States working to prevent eating disorders and provide treatment referrals to those suffering from anorexia, bulimia and binge eating disorder and those concerned with body image and weight issues.

Substance Abuse and Mental Health Services Administration

[www.samhsa.gov](http://www.samhsa.gov)

This branch of the Department of Health and Human Services exists to inform and assist those who are dealing with substance abuse disorders as well as mental disorders. It also provides a large amount of education on why these two disorders often occur together.

National Institute on Drug Abuse

[www.nida.nih.org](http://www.nida.nih.org)

NIDA is part of the National Institutes of Health. The mission of the NIDA is to lead the nation in bringing the power of science to bear on drug abuse and addiction. The web site provides information on all major drugs and much more information, including prevention and treatment.

Anti-Stigma

National Mental Health Awareness Campaign

[www.nostigma.org](http://www.nostigma.org)

NMHAC, a nationwide nonpartisan public education campaign, was launched as part of the 1999 White House Conference on Mental Health organized by Tipper Gore. It has a two-pronged goal: encourage people to identify, discuss, and seek help for mental health problems, as well as create a more accepting environment for them to do so.

ADS Center

[www.adscenter.org](http://www.adscenter.org)

This resource center is a division of the Department of Health and Human Services. It provides practical assistance in designing and implementing anti-stigma and anti-discrimination initiatives, as well as, actively disseminating anti-stigma/anti-discrimination information and practices to individuals, states and local communities, and public and private organizations.

Carter Center

[www.cartercenter.org](http://www.cartercenter.org)

Former First Lady Rosalynn Carter works through the Carter Center in an effort to reduce stigma and provide equal health care for mental health.

### Cultural Organizations and Resources

National Asian American Pacific Islander Mental Health Association

[www.naapimha.org](http://www.naapimha.org)

NAAPIHMA's mandate is to advocate on behalf of Asian American-Pacific Islanders' mental health issues, to serve as a forum for effective collaboration and to network among stake holders of community based organizations, consumers, family members, service providers, program developers, researchers, evaluators and policy makers.

National Organization of People of Color Against Suicide

[www.nopcas.com](http://www.nopcas.com)

NOPCAS was formed to stop the tragic epidemic of suicide in minority communities. The organization is developing innovative strategies to address this urgent national problem.

Jewish Association for the Mentally Ill

[www.jamiuk.org](http://www.jamiuk.org)

The Jewish Association for the Mentally Ill, established in 1989, is the only Jewish charity concerned exclusively with serious mental illness. They are committed to providing help to those affected by it, to providing the care and support that embodies the culture and values of Jewish Society.

### Resources for Professors and Administrators

#### American College Health Association

[www.acha.org](http://www.acha.org)

The ACHA membership includes 900 institutions of higher education and also serves 2400 health care professionals on campuses. The association provides advocacy, education, communications, products and services, and promotes research and culturally competent practices to enhance its members' ability to advance the health of all students and the campus community.

#### Academic Accommodations for Students with Psychiatric Disabilities

<http://www.washington.edu/doi/Brochures/Academics/psych.html>

This web page provides an article from the University of Washington. The article describes various mental illnesses, the difficulties students face, and accommodations that can be made for those students.

#### Disability Access, Information, and Support

[www.janejarrow.com](http://www.janejarrow.com)

The DAIS Academy is committed to providing high quality, meaningful professional development opportunities to higher education professionals and others who are involved in service/support for persons with disabilities in post-secondary settings.

#### Other Links

##### Peer to Peer Resource Center

[www.peersupport.org](http://www.peersupport.org)

This organization serves to promote peer support and recovery in mental illness.

##### National Mental Health Consumers' Self-Help Clearinghouse

[www.mhselfhelp.org](http://www.mhselfhelp.org)

The National Mental Health Consumers' Self-Help Clearinghouse is a consumer-run national technical assistance center serving the mental health consumer movement.

##### The Bazelon Center for Mental Health Law

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

The Bazelon Center for Mental Health Law is a national legal advocate for people with mental disabilities. Through precedent-setting litigation and in the public policy arena, the Bazelon Center works to advance and preserve the rights of people with mental illnesses and developmental disabilities.