

# Mental Health Resources

## COVID-19 & Mental Health

- [Grizzlies Protect Grizzlies Homepage](#)
- [Michigan-focused National Alliance on Mental Illness \(NAMI\) COVID-19 Information](#)

## On-Campus Resources

- [Healthy Campus at OU](#) (*Comprehensive list of wellness & support resources on campus*)
- [Graham Health Center](#)
- [OU Counseling Center](#) (*OU Counseling Center Mental Health Videos*)

## Surrounding Community

- [Michigan Dept. of Health & Human Services Community Mental Health Services Programs](#)
- [Michigan Mental Health Networker: Oakland County \(Updated January 2019\)](#)

## Virtual Resources

- [Centers for Disease Control & Prevention \(CDC\) Mental Health](#)
- [Evolution Health](#)
- [MentalHealth.gov](#)
- [Mental Health America \(MHA\)](#)
- [MentalHelp.net](#)
- [National Alliance on Mental Illness \(NAMI\) Awareness Resources](#)
- [National Alliance on Mental Illness \(NAMI\) Michigan](#)
- [National Institute of Mental Health \(NIMH\)](#)
- [PsychCentral](#)
- [Self Care Is For Everyone: Support Resources](#) (*Follow on social media: @selfcareisforeveryone*)
- [Ted Talks on Mental Health](#)
- [ULifeline: College Mental Health Resource](#)

## Phone & Text Lines

- National Suicide Prevention Lifeline: 1-800-273-8255 (available 24/7)
- Mental Health America Text Line: Text MHA to 741741 (available 24/7)
- Substance Abuse & Mental Health Services Administration:
  - Disaster Distress Helpline: 1-800-985-5990 (available 24/7)
  - Text Line: Text TalkWithUs to 66746 (available 24/7)

## Resources: Surrounding Institutions

- [Eastern Michigan Self-Help Resources](#)
- [Michigan State Counseling & Psychiatric Services](#)
- [Michigan State Mental Health Resources](#)
- [U of M Stress Resources](#)
- [Wayne State Counseling & Psychological Services \(CAPS\)](#)