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)