Mental Health Resources for First Generation Students

In addition to the services provided through ASU Counseling Services, we also recommend the following:

### Coping and Self-Care Resources
- DIY Wellness
- Videos on Mental Health
- Tips for First Generation Students
- Barrett First-Generation Student Organization
- First Gen @ Watts Student Organization
- First Gen Journey Podcast
- Real Advice for First Gens Article
- Mindfulness Apps
- What I Learned as First Generation Student, TED Talk

### Referral and Educational Resources
- ASU Counseling Services (for students)
- ASU Employee Assistance Program (for ASU employees)
- First Generation Resources
- First Generation Scholars Success Coaching
- ASU Adulting 101
- TRIO Student Support Services
- Campus Traditions
- Get Involved at ASU
- Student and Cultural Engagement
- Student Budget Worksheet

### Text and Phone Supports
- ASU Counseling Services Open Call and Open Chat
- ASU's Dedicated Crisis Line
  480-921-1006
- National Suicide Prevention Lifeline
  1-800-273-8255
- Trevor Project Lifeline
  1-866-488-7386 or text START to 678-678