

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