

# Mental Health Resources for First Year 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](#)

[Personal Development Courses](#)

[Preventing and Managing Homesickness](#)

[Making Friends](#)

[Adjusting to Arizona](#)

[Mindfulness Apps](#)

[College Students Guide to Stress Management](#)

[Stress in College Students: How to Cope](#)

## Referral and Educational Resources

[ASU Counseling Services \(for students\)](#)

[ASU Employee Assistance Program \(for ASU employees\)](#)

[Academic Resources](#)

[How to School Canvas Course](#)

[ASU Adulting 101](#)

[Campus Traditions](#)

[Get Involved at ASU](#)

[Student and Cultural Engagement](#)

[Student Budget Worksheet](#)

[Freshman Peer Coaching](#)

[Tutoring and Writing Centers](#)

[Livewell @ ASU](#)

## 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