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