

Mental Health Resources for Graduate Students

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

Coping and Self-Care Resources

[DIY Wellness](#)

[Overcoming Imposter Syndrome](#)

[10 best practices for graduate student wellbeing](#)

[Managing mid-semester fatigue and stress](#)

[Graduate Student Survival Guide](#)

[Free Mindfulness Project](#)

[Emotional Fatigue: Coping with Academic Pressures](#)

[Managing your Mental Health as a PhD Student](#)

[Mental Health in Grad School](#)

[Staying in and Staying Healthy: Insights for Positive Mental Health in Grad School](#)

[Center for Mindfulness, Compassion and Resilience](#)

[What is Mindfulness?](#)

[Building Healthy Habits](#)

[The Importance of Sleep](#)

Referral and Educational Resources

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

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

[ASU Graduate Academic Support](#)

[ASU Graduate and Professional Student Association](#)

[ASU Resources for Students with Families](#)

[CIRCLES Group Mentoring](#)

[Mentoring Resources for Graduate Students](#)

[American Indian Graduate Student Association \(AIGSA\)](#)

[ASU Graduate Women's Association](#)

[ASU Graduate Nurse Organization](#)

[Explore Topics on Alcohol and Other Drugs](#)

[Support with Recovery](#)

[Resume and Application Support](#)

[Grad 15 Webinar Series, Professional Development](#)

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

[National Grad Crisis Line](#)

Trevor Project Lifeline
1-866-488-7386 or text **START** to 678-678