Mental Health Resources for International Students

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

Coping and Self-Care Resources

- DIY Wellness
- Coping with Homesickness
- Adjusting to life in the U.S.
- Mindfulness Apps
- Ted Talk: An International Student's Story and Advice
- 5 Ted Talks International Students Should See
- Ted Talk: The Neuroscience of What do You Want To Do When You Graduate

Referral and Educational Resources

- ASU Counseling Services (for students)
- ASU Employee Assistance Program (for ASU employees)
- ASU International Students and Scholars Center
- International Student Digital Handbook
- ASU International Student Resources
- Resources for International Students During COVID-19
- ASU International Student Engagement
- ASU Global Peer Mentor
- ASU Coalition of International Students
- Inside ASU Podcast
- Culture @ ASU
- Financial Aid for International Students

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
- Helpline by Country
- International Association for Suicide Prevention