

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](#)