

Mental Health Resources for Veteran Students

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

Coping and Self-Care Resources

[DIY Wellness](#)

[TED Talks for Veterans](#)

[PTSD Self-Care and Coping for Veterans](#)

[Helpful Mobile Apps](#)

[Self-Care after returning from Military Deployment](#)

[Transitioning Service Member](#)

[Mindfulness Apps](#)

Referral and Educational Resources

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

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

[Veteran Student Organizations](#)

[TRIO: Veterans Upward Bound](#)

[ASU Pat Tillman Veterans Center](#)

[Veteran Success Classes](#)

[Community Veteran Support Resources](#)

[ASU Policies for Student Veterans](#)

[Military Spouse and Dependent Student Resources](#)

[ASU Veteran Advocacy](#)

[Veteran Mental Health Information and Support](#)

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

- press 1
- Send a text to 838255
- Chat online Confidential Veterans Chat

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