

# Mental Health Resources for Indigenous Students

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

## Coping and Self-Care Resources

[DIY Wellness](#)

[WeRNative](#)

[Well for Culture Podcast](#)

[Native Hope: Voices of Indian Country Blog](#)

[Indigenous Mental Health Podcast](#)

## Referral and Educational Resources

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

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

[Native American Achievement Program](#)

[Mentor U @ ASU](#)

[COVID-19 Resources for Indigenous Peoples](#)

[American Indian Student Support Services](#)

[ASU Student Organizations](#)

[Native Hope Free Educational ebooks](#)

[Native Health](#)

[Native American Connections](#)

[Urban Indian Health Organizations](#)

[NAMI Indigenous Mental Health](#)

## 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