Mental Health Resources
Students Impacted by the Carceral Setting

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

**Coping and Self-Care Resources**

- DIY Wellness
- Center for Mindfulness, Compassion and Resilience
- What is Mindfulness?
- Building Healthy Habits
- The Importance of Sleep
- ASU Group Wellness
- Council of Religious Advisors (CORA)
- Emotional Fatigue: Coping with Academic Pressures
- Compassion Prison Project Podcast
- Coping with a Friend or Relative in Prison

**Referral and Educational Resources**

- ASU Counseling Services (for students)
- ASU Employee Assistance Program (for ASU employees)
- ASU Resources for Students with Families
- Center for Child Well-Being
- Devils 4 Devils Community Circles
- ASU Virtual Resources
- Support with Recovery
- Resume and Application Support
- Student Accessibility and Inclusive Learning Services (SAILS)
- ASU Tutoring
- Explore Topics on Alcohol and Other Drugs
- Scholarships for Children of Incarcerated Parents
- Books and Films
- Reunification and Visits With Parents Who Are Incarcerated
- Supporting Children and Families Affected by Parental Incarceration
- Organizations In Support of Children and Families of the Incarcerated
- Reunification and Visits With Parents Who Are Incarcerated
- Supporting Children and Families Affected by Parental Incarceration
- Arizona Common Ground Services
- College and Children of Incarcerated Parents Information
- WE GOT US NOW - Children of Incarcerated Parents
- See Us, Support Us
- Father Matters – Fathers Mentoring Fathers
- Girl Scouts Beyond Bars

**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