

# 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