



COUNSELING RESOURCES

PHONE RESOURCES

Emergency	911
UST University Police Department	713-525-3888
UST Residence Life	713-525-3836
UST VP for Student Affairs & Dean of Students.....	713-525-3570
UST Dean of Students	deanofstudents@stthom.edu
UST Student Affairs	studentaffairs@stthom.edu
UST Campus Ministry	713-525-3589
UST Veteran Success Center.....	713-525-2101
UST Access & Disability Services.....	713-525-3546
Suicide Prevention Lifeline	800-273-TALK (8255)
Crisis Text Line	Text HOME to 741741
Veterans Crisis Line	1-800-273-8255, Option 1
Veterans Crisis Text Line	Text 838255
UT Harris Co. Psychiatric Center	713-741-5000
The Harris Center for Mental Health and IDD	713-970-8400
Mental Health America Houston (Information and referral line)	713-523-8963
National Sexual Assault Hotline	800-656-HOPE (4673)
Houston Area Women's Center (HAWC)	713-528-2121

ONLINE RESOURCES (CLICK BELOW TO VISIT SITES)

ALCOHOL AND DRUGS

Alcohol Anonymous
Narcotics Anonymous
Substance Abuse and Mental Health Services
Administration
Palmer Drug Abuse Program
The Council on Recovery
Memorial Hermann Prevention & Recovery Center
Luna Recovery
The Right Step

ANXIETY

Anxiety and Depression Association of America
Anxiety-Substance Use Disorders – University of
Houston

ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)

Attention Deficit Disorder Association
Centers for Disease Control and Prevention-ADHD

AUTISM SPECTRUM DISORDERS (INCLUDING ASPERGER'S)

Autism Spectrum Disorders
National Autism Association

BIPOLAR DISORDERS

Help Guide on Bipolar Disorders
Depression Bipolar Support Alliance

DATING VIOLENCE

Break the Cycle
Love is Respect

DEPRESSION

What is Depression? - Helen M. Farrell
Depression Symptoms, Information and Treatment
Medline Plus
Depression Bipolar Support Alliance

DISABILITY ORGANIZATIONS

AHEAD
Auxiliary Aids and Services for Postsecondary
Students with Disabilities
Office for Civil Rights, U.S. Department of
Education

DOMESTIC VIOLENCE

Houston Area Women's Center (HAWC)
The Bridge Over Troubled Waters

EATING DISORDERS

National Eating Disorder Awareness
NAMI: Eating Disorders

GRIEF AND LOSS

Bo's Place
Actively Moving Forward

HURRICANE SUPPORT

Hurricane Response: Tips for College Students

LEARNING DISABILITIES

Learning Disabilities Association of America
National Center for Learning Disabilities
Neuhaus Education Center

MENTAL HEALTH: GENERAL (MULTIPLE TOPICS)

American Psychological Association
Mental Health America of Greater Houston
National Alliance on Mental Illness (NAMI)
National Institute of Mental Health
Harris Health System

PARENT RESOURCES

College Parents of America

PHYSICAL HEALTH: GENERAL (MULTIPLE TOPICS)

Medline Plus
Nurse Health Line

OBSESSIVE-COMPULSIVE DISORDER

International OCD Foundation
McLean OCD Institute

SELF-HELP AND STRESS MANAGEMENT TOOLS

Cognitive Behavior Therapy Self-Help Resources
Relaxation Video
Student Guide to Stress and Anxiety

SEXUAL ASSAULT

Rape, Abuse and Incest National Network (RAINN)
Houston Area Women's Center (HAWC)

STALKING

Stalking Resource Center
National Center for Victims of Crime

SUICIDE

Celts Helping Celts
We're All in This Together
National Suicide Prevention Lifeline
The Jed Foundation

VETERANS

Michael E. DeBakey VA Medical Center
Student Veterans of America
UST Veteran Success Center
Combined Arms