COUNSELING RESOURCES

PHONE RESOURCES
University Police Department ................................................................. 713-525-3888
Student Affairs ......................................................................................... 713-525-3570
Residence Life ......................................................................................... 713-525-3836
Dean of Students ................................................................................... 713-525-6972
Campus Ministry .................................................................................... 713-525-3589
Emergency ............................................................................................... 911
Suicide Prevention Lifeline ...................................................................... 800-273-TALK (8255)
UT Harris Co. Psychiatric Center .............................................................. 713-741-5000
Texas Local Mental Health Authority (MHMRA-Harris County) .......... 713-970-7070
Mental Health America Houston (Information and referral line) ......... 713-522-5161
National Sexual Assault Hotline ............................................................. 800-656-HOPE (4673)
Houston Area Women’s Center ............................................................... 713-528-6798

ONLINE RESOURCES (CLICK BELOW TO VISIT SITES)

ALCOHOL AND DRUGS
Alcohol Anonymous Clubs
Narcotics Anonymous
National Council on Alcoholism and Drug Dependence, Inc.
Palmer Drug Abuse Program
The Council on Alcohol and Drugs Houston

ANXIETY
Anxiety and Depression Association of America
Anxiety Disorder Clinic – University of Houston

ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)
Attention Deficit Disorder Association
Centers for Disease Control and Prevention

AUTISM SPECTRUM DISORDERS (INCLUDING ASPERGER’S)
Autism Society
Autism Spectrum Disorders

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
- The Bridge Over Troubled Waters

EATING DISORDERS
- National Eating Disorder Awareness
- Gurze

GRIEF AND LOSS
- Bo’s Place
- The Grief Resource Center

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

PARENT RESOURCES
- College Parents of America

PHYSICAL HEALTH: GENERAL (MULTIPLE TOPICS)
- Medline Plus
- Nurse Health Line

OBSESSIVE-COMPULSIVE DISORDER
- International OCD Foundation

SELF-HELP AND STRESS MANAGEMENT TOOLS
- Cognitive Behavior Therapy Self-Help Resources
- Relaxation Video
- Relaxation Script
- Student Guide to Stress and Anxiety

SEXUAL ASSAULT
- Rape, Abuse and Incest National Network (RAINN)
- Houston Area Women’s Center

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
- University of St. Thomas Veterans Affairs