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
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

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

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

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
Aid to Victims of Domestic Abuse (AVDA)

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