



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	9-1-1
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