

SELF HELP OPTIONS

National Suicide Prevention Dial 988

Gambling Problem? North Carolina Problem Gambling Program 1-877-718-5543

www.morethanagamenc.com

Are you Stressed? Take a quiz at

<http://www.mentalhealthamerica.net/11w/stressquiz.html>

Want to Quit Smoking? Call **1-800-784-8669** today for a Free Nicotine Replacement Therapy (NRT) between the hours of 8 a.m. and 3 a.m. Free quit coach provided.

<http://www.quitlinenc.com/>

Study Habits and Test Anxiety- Setting Goals

<https://examstudyexpert.com/goal-setting-students/>

How to Calm Down in Under A Minute

<http://mentalhealth.about.com/library/howto/htbreathe.htm>

Rape Abuse and Incest National Network

<http://www.rainn.org/>

NC Coalition Against Sexual Assault

<http://www.nccasa.org/>

National Center for Victims of Crime

<https://victimsofcrime.org/>

Managing Stress: A Guide for College Students

<https://www.mentalhealthfirstaid.org/2022/08/seven-self-care-tips-for-college-students/>

Stress- Tools for Healthier Lives

<http://www.mayoclinic.com/health/stress/SR99999>

Alcohol and Substance Abuse Resources

Alcoholics Anonymous <http://www.alcoholic-anonymous.org/>

Narcotics Anonymous <http://na.org/>

National Institute on Drug Abuse

<http://www.drugabuse.gov/>

Substance abuse treatment facility locator

<http://findtreatment.samhsa.gov/>

Mental Health, Mental Illnesses, and Eating Disorders

National Institute of Mental Health Information

<http://www.nimh.nih.gov/index.shtml>

National Mental Health Association

<http://www.nmha.org>

National Alliance on Mental Illness

<http://www.nami.org>

Relationship Violence and Sexual Assault

NC Coalition Against Domestic Violence

<http://www.nccadv.org/>