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| **Self Help Options** |
| ***National Suicide Prevention*** **1-800-273-TALK*****Gambling Problem? North Carolina Problem Gambling Program*** **1-877-718-5543**[www.morethanagamenc.com](http://www.morethanagamenc.com) ***Are you Stressed?*** Take a quiz at <http://www.mentalhealthamerica.net/llw/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/> ***Which Learning Style Are you? Includes workshops for test anxiety, time management, & note taking.***<http://appl003.lsu.edu/cas/learningjourney.nsf/StudentHome?OpenForm> ***Study Habits and Test Anxiety- Setting Goals***<http://ub-counseling.buffalo.edu/studyhabits.shtml> ***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*** <http://www.victimsofcrime.org/> | ***Managing Stress: A Guide for College Students***<http://www.uhs.uga.edu/stress/wellnesslifestyle.html> ***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/>   |