

## **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>

*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/>

*Al-Anon* <http://www.al-anon.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/>

*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/>