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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/> |