



Student Health & Counseling

Student Academic Affairs

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Mental Health Resources

Below are resources you can use to learn more about your mental health and well-being.

American Institute of Preventive Medicine [1]

The American Institute for Preventive Medicine is an "award winning, internationally recognized authority on the development and implementation of health promotion, wellness, medical self-care, and disease management programs and publications." See AIMP's *Minding Your Mental Health* [2].

SHCS Resources [3]

For faculty and administrators: *Assisting Students In Need* [4]

For students: *Caring for Self and Colleagues* [5]

Self-Assessment Tools [6]

ULifeline [7]: ULifeline is an anonymous, confidential, online resource center for college students. It's a program of The Jed Foundation, the nation's leading organization working to prevent suicide and improve the mental health of college students, and is overseen by an expert board of mental health professionals.

Screening for Mental Health, Inc. [8]: Screening for Mental Health, Inc. (SMH) is a non-profit organization that provides educational screening programs for certain mental health conditions.

Community Links [9]

See complete list [9] of local and national hotlines and resource centers.

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UCSF Main Site

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Links

[1] <https://healthylife.com/>

[2] <https://www.healthylife.com/>

[3] <https://studenthealth.ucsf.edu/healthcare-services/counseling-psychological-services/mental-health-resources-0>

[4]

<https://studenthealth.ucsf.edu/sites/studenthealth.ucsf.edu/files/PDF/Assisting%20Students%20in%20Need.pdf>

[5]

<https://studenthealth.ucsf.edu/sites/studenthealth.ucsf.edu/files/PDF/Caring%20for%20Yourself%20and%20Your%20Others.pdf>

[6] <https://studenthealth.ucsf.edu/interactive-health/self-assessment-tools>

[7] <http://www.ulifeline.org/page/student/SelfEval.html>

[8] <http://www.mentalhealthscreening.org/screening/collegex>

[9] <https://studenthealth.ucsf.edu/interactive-health/community-links>