



Ohio Higher Education Mental Health Resources

Mike DeWine, Governor
Lori Criss, Director

Student Self-care Resources	
Tips to Help College Students during the COVID 19 Pandemic	https://www.mcleanhospital.org/news/tips-help-college-students-during-covid-19-pandemic
Student Online Learning Tips During COVID-19	https://www.ketchum.edu/student-life/online-tips
7 Mental Health Tips for College Students	https://thehavenatcollege.com/mental-health-tips-for-college-students/
10 Things You Can Do for Your Mental Health	https://uhs.umich.edu/tenthings
Top Ten Safety Tips for College Students	https://www.fastweb.com/student-life/articles/top-10-safety-tips-for-college-students
22 Tips for First Year College Students	https://www.psychologytoday.com/us/blog/darwins-subterranean-world/201808/22-tips-first-year-college-students
Active Minds Self Care	https://www.activeminds.org/about-mental-health/self-care/
LGBTQ+ Self Care	https://suicidepreventionlifeline.org/help-yourself/lgbtq/
Tips for coping with COVID-19 Anxiety	https://theconversation.com/7-science-based-strategies-to-cope-with-coronavirus-anxiety-133207

Mental Health Services and Resource Centers for Higher Ed	
Suicide Prevention Resource Center	This national center describes how colleges & universities can take action to prevent suicide. http://www.sprc.org/settings/colleges-universities
JED Foundation	JED is leading the way to a comprehensive, community-based model of protecting student emotional health and preventing suicide at schools across the country. Working with campus leaders and professionals, JED helps to create campus-wide prevention and intervention strategies and advises on best-practice mental health policies, programs and services. https://www.jedfoundation.org/what-we-do/colleges/
ULifeline	A mental health resource center that offers college students information about emotional health issues and resources available on their campus. It also offers a confidential mental health self-screening tool. http://www.ulifeline.org/
OSU's Office of Student Life Counseling Consultation Services	This site offers numerous services for students, families and staff. https://ccs.osu.edu/

The Trevor Project LGBTQ	This center offers trained counselors available for support 24/7. If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, call the TrevorLifeline now at 1-866-488-7386. https://www.thetrevorproject.org/
The Jordan Porco Foundation	The Jordan Porco Foundation’s mission is to prevent suicide, promote mental health and create a message of hope for young adults. The Foundation provides engaging and uplifting programming emphasizing peer-to-peer messaging promoting help seeking behavior, self-care and coping skills. Programs challenge stigma by talking openly about mental health and educating about the risk factors and warning signs of suicide and other related mental health concerns. https://www.rememberingjordan.org/
Ohio College Initiative to Enhance Student Wellness	Established to reduce high-risk drinking and substance misuse through campus and community collaborations and the implementation of strategies to promote healthier campus environments through building capacity of prevention professionals on campuses across Ohio. <ul style="list-style-type: none"> • https://preventionactionalliance.org/ - 56 campuses participating. • Annual Conference for all OCI members to provide educational resources regarding emerging trends, best practices as well as networking opportunities to best address current trends on campuses in Ohio. • Biannual Small Ohio College Prevention Association (SOCPA) meetings: SOCPA provides campuses with smaller populations training and networking opportunities designed to best address their unique needs. • Digital newsletters to keep Ohio campuses updated with relevant prevention research, grant opportunities, and training opportunities.

Ohio CareLine

1-800-720-9616

Crisis Text Line

Text **"4HOPE"** to **741741** to connect to a Crisis Counselor

<https://www.crisistextline.org/>

National Suicide Prevention LifeLine - **1-800-273-8255 & CHAT**

<https://suicidepreventionlifeline.org/>