



## Mental Health External Resources

Delta Gamma cares about your mental health and understands that sometimes resources outside of the scope of our organization are needed. **As always, if you or a loved one needs immediate care, call 911.**

### [When it might be time to find professional care](#)

When it comes to our mental health, it can be difficult to know when it may be time to seek professional care.

You may want to consider speaking with a professional if:

1. You are feeling sad, angry, or otherwise “not yourself” for longer than two weeks.
2. You are abusing drugs, alcohol, food, or sex to cope.
3. You’ve lost someone or something important to you.
4. Something traumatic has happened.
5. You’ve stopped doing activities you usually enjoy.

### [How to find the right professional care for you](#)

Finding the right professional care for you can be daunting. This is an excellent resource that walks you through the process and gives you helpful tips on what to look for. If you have a relationship with a mental healthcare professional, reach out to them.

### [The Jed Foundation’s Mental Health Resource Center](#)

The Jed Foundation has a robust list of resources if you are worried about someone else, worried about yourself, or want to learn more about emotional well-being. This includes what information on how to help, emotional well-being, and information about various mental health challenges, including anxiety, bipolar disorder, eating disorders, depression, self-harm, and suicidal behavior among others.

### [Calm](#)

This app is a great tool for accessing meditations, sleep stories, calming practices for adults and kids, and mindfulness resources, which they are updating regularly.

### [Headspace](#)

This online community offers free meditations, videos and a library of resources.

To speak to someone now:

- [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#) National Helpline: 800-662HELP (4357)
- [To Write Love on Her Arms](#) Crisis Text Line: Text TWLOHA to 741741 (US) and HOME to 686868 (Canada)

- National Suicide Prevention Lifeline: 800-273-8255
- [The Trevor Project](#) (suicide prevention for LGBTQIA+ youth): 866-488-7386
- To have a free, confidential chat with a trained counselor 24/7, text HOME to 741741 or call 1-800-273TALK (8255).