



# ANCHORED *through* ADVERSITY

MENTAL HEALTH PROGRAMS & SERVICES



Delta Gamma  
1873

Updated July 2024



## *Preface*

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Executive Offices is proud to introduce **Anchored Through Adversity**, the Fraternity's first-ever suite of mental health programs and services for collegians, alumnae, advisers and Friends of the Anchor.

Delta Gamma continues to build a strong foundation of fostering high ideals of friendship, promoting educational and cultural interests, creating a true sense of social responsibility and developing the best qualities of character. **A Culture of Care** reinforces the directive of our Founders, fosters a healthy member experience and roots every decision in the Fraternity's mission and values and holistic well-being.

Delta Gamma strives to promote an environment where mental health and well-being is a priority in the member experience. It is necessary for collegians and alumnae to be equipped with the knowledge and skills necessary to promote the health and well-being of all members and approach conversations of expressing concern with care and sisterhood.

We want to especially thank the Delta Gamma Foundation and our incredibly generous donors for funding many of these efforts.

We hope you utilize this as a resource to be well and **do good**.



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# Educational Programming

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*Content Warning:  
Many programs listed below  
discuss some challenging  
concepts and conversations  
surrounding mental health  
and well-being*

*Programs denoted with  
this icon are generously  
funded by the Delta  
Gamma Foundation*



## **Behind Happy Faces - Collegiate Discussions** *collegians*

The link above directs you to the Delta Gamma portal of Behind Happy Faces, which includes four DG dialogue lessons, helpful resources including how to help a friend, what to do if you need help, statistics and external resources. The programs can be peer-facilitated in small groups for more intimate discussions on mental health

## **Behind Happy Faces - Adviser Resource Series** *advisers/alumnae*

The link above directs you to resources designed to help advisers identify and support members experiencing mental health challenges, how to manage crisis situations and how to take care of your own mental health. Thank you for your commitment to making mental health a priority.

## **Name Your Story** *CMT officers, alumnae advisers*

Name Your Story gives participants the opportunity to learn about the signs and symptoms of the most common mental health concerns affecting college students today but also provides training on how to talk about these experiences with one another. Participants will also get an opportunity to learn about self-care and how to prioritize their well-being. This thought-provoking content is immediately applicable to students' lives. By engaging with this content, students will gain tangible tools that they can use not only in their own life, but also when they are helping a friend, roommate or classmate that they care about.

**This program is available in [The Pursuit](#).**

## **You Can Support Your Sister** *collegians*

This program focuses on how members can support one another's mental health and well-being. Research shows that building resiliency and life skills, promoting social connectedness and encouraging help seeking and help-giving behaviors in teens and young adults, support their

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overall well-being. This program assists with identifying and supporting those who may be struggling with mental health challenges, providing appropriate interventions, and professional help referral strategies. This program is proven to promote a Culture of Care, reduce risk, student intervention competencies and member inclusion and retention.

**This program is delivered to chapters on a rotational basis as part of the Act with Intention: Health & Well-Being Series. Chapters will receive this program once every four years from a trained facilitator.**

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## **Creating a Culture of Care: New Member**

### **Prevention Program**



*new members*



Creating a Culture of Care: New Member Prevention Program is an interactive prevention education program that empowers members to make safer, healthier and more compassionate choices. The program covers various health & well-being educational topics such as alcohol and substance misuse prevention, belonging, equity, inclusion and diversity (BEID), hazing prevention, mental health and well-being and sexual misconduct prevention and survivor support.

# Mental Health Services & Training

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## CredibleMind

*all stakeholders in the Delta Gamma member experience*

Created by the Jed Foundation, and powered by CredibleMind, this platform is a well-being and self-assessment hub and professional-vetted resource connection tool for members to take charge of their mental health and well-being. The content is adaptable to your learning style with apps, podcasts, videos, articles, books and online programs. This tool can assist the Honor Board and aid in creating a Culture of Care and accountability while promoting healthy help-seeking and help-giving behaviors. This service is approachable, easily accessible, credible and confidential – make an account for free!

Access the Delta Gamma [CredibleMind Platform here](#).

## Mental Health First Aid Certification

*alumnae advisers, regional teams*

Mental Health First Aid (MHFA) is a blended course (7.5 hours) that gives people the skills to help someone who is developing a mental health problem or experiencing a mental health crisis. The evidence behind the program demonstrates that it does build mental health literacy, helping the public identify, understand, and respond to signs of mental illness. MHFA training helps a person assist someone experiencing a mental health crisis such as contemplating suicide. This program will have limited opportunities each academic year.

### 2024-25 DATES

Session #1

Date: Tuesday, October 15, 2024

Time: 11am-5pm EST

Session #2

Date: Tuesday, October 29, 2024

Time: 11am-5pm EST

[Interest Form](#) | Closes 11:59pm on Sunday, September 15, 2024

## QPR Gatekeeper Training Certification

*collegians, alumnae advisers, regional teams*

QPR Gatekeeper Training covers the key components of how to question, persuade and refer someone who may be suicidal, how to get help for yourself or learn more about preventing suicide, the common causes of suicidal behavior, the warning signs of suicide and how to get help for someone in crisis.

**QPR Gatekeeper Training Certification Interest Form:** [Access Here](#)

Access codes are limited, so apply soon!

# Comprehensive Resources

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*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.*

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## CRISIS CALL/TEXT RESOURCES

### Crisis Text Line:

Text HOME to 741-741 (US)| 686-868 (Canada)

Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support via a medium people already use and trust: text.

### National Domestic Violence Hotline

Call 1-800-799-7233

24 hours a day, seven days a week, 365 days a year, the National Domestic Violence Hotline provides essential tools and support to help survivors of domestic violence so they can live their lives free of abuse. You can expect highly-trained, expert advocates to offer free, confidential, and compassionate support, crisis intervention information, education, and referral services in over 200 languages..

### National Sexual Assault Hotline

Call 1-800-656-4673

The National Sexual Assault Hotline gives you access to a range of free services including confidential support from a trained staff member, support finding a local health facility that is trained to care for survivors of sexual assault and offers services like sexual assault forensic exams, someone to help you talk through what happened, Local resources that can assist with your next steps toward healing and recovery and more.

### Inter/National Suicide Prevention Lifeline

Call 988 (US and Canada)

This Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

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## **Substance Abuse and Mental Health Services Administration (SAMHSA) Helpline:**

1- 800-662-HELP (4357)

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders

## **GENERAL RESOURCES**

### **Behavioral Threat Assessment Rubric**

This resource can help walk you through how to classify a mental health risk, ranging from mild risk to extreme risk. The rubric includes examples as well as action steps.

### **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

### **Campus Resource Worksheet**

The Campus Resource Worksheet is an excellent tool to help connect chapter members with professional care, from student health and wellness to public safety, to sexual violence prevention. This is another excellent resource to print out and have displayed in a chapter common area or emailed to all chapter members.

### **Headspace**

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

### **Recommended Practices for Managing Mental Health or Emotional Concerns**

This is a resource that chapters can use when they become concerned about an individual member's behavior, indicating that she may be struggling. Although specific offices and programming vary from campus to campus, these practices are applicable to most, if not all, university and college environments.

### **JED Foundation**

Delta Gamma is a partner of The Jed Foundation (JED), the leading voice in the mental health and suicide prevention space for teens and young adults, with a strong focus on college students. Below are resources from JED:

**Mental Health Resource Center**  
**I Want to Take Care of My Mental Health**  
**Signs and Symptoms of a Struggle**

# Comprehensive Resources

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**Warning Signs of Suicide**

**Helping a Friend**

**Taking Care of Ourselves While Helping Others**

## **LGBTQIA+ RESOURCES**

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**Finding Your People in the LGBTQIA+ Community**

**How to Take Care of Yourself When Your Identity Is Not Supported**

**Taking Care of Your Mental Health When You Are Deciding About Coming Out**

**Suicide in the LGBTQIA+ Community: What You Need to Know**

**How to Find a Queer-Friendly or Gender Affirming Therapist**

**Where To Find LGBTQIA+ Support When You Can't Find Therapy**

### **The Trevor Project:**

Call 1-866-488-7386 or text START to 678-678

The Trevor Project is the world's largest suicide prevention and crisis intervention organization for lesbian, gay, bisexual, transgender, queer and questioning (LGBTQ) young people. Their trained counselors connect with LGBTQ young people 24/7, 365 days a year.

### **Trans Lifeline:**

Call 1-877-565-8860

Trans Lifeline provides trans peer support for our community that's been divested from police since day one. They are run by and for trans people.

# Comprehensive Resources

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## PROFESSIONAL CARE RESOURCES

### When should I 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 do I find the right professional care for me?

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.

### FindHelp.Org

FindHelp’s network connects people seeking help and verified social care organizations that serve them.

### Find a Therapist (Psychology Today)

Psychology Today’s Therapy Directory lists clinical professionals, psychiatrists and treatment centers who provide mental health services in the US and internationally.

### National Queer & Trans Therapists of Color Network

The National Queer and Trans Therapists of Color Network (NQTTCN) is a healing justice organization committed to transforming mental health for queer and trans people of color (QTPoC). They work at the intersection of movements for social justice and the mental health field to integrate healing justice into both of these spaces. Their goal is to increase access to healing justice resources for QTPoC.

### Latinx Therapy

Latinx Therapy was founded in 2018 to destigmatize mental health in the Latinx community. Since then, they have expanded to become a bilingual podcast and national directory to find a Latinx Therapist (98% of our directory are Spanish speakers). Latinx Therapy strives to provide culturally-grounded workshops and services to our community.

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## **Therapy for Black Girls**

Therapy for Black Girls is an online space dedicated to encouraging the mental wellness of Black women and girls. It is our hope that this resource will help to facilitate your search for a therapist.

## **Asian Mental Health Collective**

AMHC aspires to make mental health easily available, approachable, and accessible to Asian communities worldwide. It is our hope that this resource will help to facilitate your search for a therapist.

## **SOCIAL MEDIA RESOURCES**

### **Roses of Resilience**

*all stakeholders in the Delta Gamma member experience*

This social media annual awareness and resource campaign will highlight positive coping skills and resiliency-building tips and opportunities for all who interact with @deltagamma\_eo on Instagram.

**Coming Soon**

### **Social Media Toolkits**

collegians and alumnae

*Provided by the JED Foundation, these social media toolkits will assist chapters to promote positive mental health practices, resources and more:*

**JED Campus Campaign Kit - Social Media Playbook**

**JED Foundation Partners - Monthly Social Media Toolkit**

**Note: This list of toolkit resources will continue to grow during the 2023-2024 academic year**

### **Virtual Tools**

collegians

*These various social media campaigns and tools are available to partners of the JED Foundation:*

**Just Press Pause - Powered by PINK**

**Love is Louder**

**Mental Health is Health**

**Seize the Awkward**

**Set to Go**

**Student Engagement**