Need help right now?

Immediate Help

Dial 911

-or-

Visit nearest emergency room
GET HELP FAST

Text “START” to 741-741
Text “STEVE” 741-741 (students of color)
Lifeline 1-800-273-TALK (8255)
Grow yourself.
Develop your practice.
Help others.

https://positivepsychology.com
Bring Change to Mind
bringchange2mind.org
Get ongoing support online with:

Therapy Assistance Online (TAO)

thepath.taoconnect.org
VerywellMind
Trusted mental health information when you need it most.

verywellmind.com
College scholarships, academic mentoring, and social guidance for students who have faced adversity.
giveback.ngo
Ending the stress and burnout epidemic
Protecting emotional health.
Preventing suicide.

jedfoundation.org
University of Pennsylvania’s
Positive Psychology Center
ppc.sas.upenn.edu
Berkley Well-Being Institute

Do you want greater well-being?

https://greatergood.berkley.edu