# MENTAL HEALTH

## STATE, NATIONAL & GLOBAL AGENCIES

- **American Foundation for Suicide Prevention (AFSP)** - [www.afsp.org/take-action](http://www.afsp.org/take-action)
  AFSP is a not-for-profit organization dedicated to understanding and preventing suicide through research, education and advocacy

- **Crisis Text Line** - [www.crisistextline.org/join-our-efforts/volunteer](http://www.crisistextline.org/join-our-efforts/volunteer)
  Crisis Text Line is the free, nationwide, 24/7 text line for people in crisis. Volunteer Crisis Counselors are superheroes with laptops instead of capes.

- **Depression and Bipolar Support Alliance (DBSA)** - [www.dbsalliance.org/site/PageServer?pageName=help_volunteer](http://www.dbsalliance.org/site/PageServer?pageName=help_volunteer)
  “DBSA is the leading peer-directed national organization focusing on the two most prevalent mental health conditions, depression and bipolar disorder.

- **GROW in America** - [www.growinamerica.org/donate/volunteer](http://www.growinamerica.org/donate/volunteer)
  “The GROW mission is to promote mental health recovery, personal growth and prevention within our weekly mutual help support groups and throughout our supportive community.”

- **Health Volunteers Overseas (HVO)** - [www hvousa.org/get-involved/become-a-volunteer](http://www hvousa.org/get-involved/become-a-volunteer)
  “HVO volunteers build local capacity by providing health care professionals in resource-scarce countries with the knowledge, skills and abilities they need to address the health care needs of their communities.”

- **Kristin Brooks Hope Center** - [https://www.imalive.org/volunteer-online/](https://www.imalive.org/volunteer-online/)
  We provide help and hope through college campus and high school events, online suicide crisis chat, suicide crisis hotlines and other educational programs.

- **Mental Health America (MHA)** - [www.mentalhealthamerica.net/find-affiliate](http://www.mentalhealthamerica.net/find-affiliate)
  MHA is the nation’s leading community-based non-profit dedicated to helping all Americans achieve wellness by living mentally healthier lives.”

- **National Alliance on Mental Illness (NAMI)** - [www.nami.org/Get-Involved](http://www.nami.org/Get-Involved)
  NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

- **National Suicide Prevention Lifeline** - [www.suicidepreventionlifeline.org/participate](http://www.suicidepreventionlifeline.org/participate)
  The National Suicide Prevention Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States. The Lifeline is comprised of a national network of over 160 local crisis centers, combining custom local care and resources with national standards and best practices.

- **PROJECT 375** - [www.project375.org](http://www.project375.org)
  PROJECT 375, co-founded by NFL Star Brandon Marshall, helps promote awareness of mental health, end the stigma, and raise funding for treatment.

- **Substance Abuse and Mental Health Services Administration (SAMHSA)** - [www.samhsa.gov/about-us/jobs-internships/internships](http://www.samhsa.gov/about-us/jobs-internships/internships)
  SAMHSA’s National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service for individuals and families facing mental and/or substance use disorders.
• The Trevor Project - www.thetrevorproject.org/section/get-involved
  The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, and questioning youth.

• Volunteers of America - www.voa.org/mental-health
  We help people with chronic or severe mental illnesses successfully manage their lives through crisis counseling and programs.

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**CHAMPAIGN-URBANA ORGANIZATIONS**

• Champaign County Nursing Home (CCNH) - www.co.champaign.il.us/CCNH/VolunteeringandActivities.php
  “CCNH provides compassionate long-term, rehabilitative, and memory care services reflective of the community we serve, and in a manner respective of our 100 year history.

• Crosspoint Human Services - www.crosspointhumanservices.org/about-crosspoint/contact-us
  Crosspoint provides quality human services in a competent and reliable fashion to individuals, families and the community. Our offerings run the gamut from childcare to psychiatric care.

• Elliott Counseling - www.elliottcounselinggroup.com/about-us
  Elliott Counseling Group has been serving individuals, couples and families in the community, addressing the entire range of emotional and mental health issues.

• Promise Healthcare - www.promisehealth.org/donate-volunteer
  Promise Healthcare is the umbrella organization that provides medical and mental health community health center dedicated to providing services to the underserved from in and around Champaign County.

• Rosecrance Champaign/Urbana - rosecrancechampaignurbana.org
  Rosecrance is a private not-for-profit organization offering behavioral health services for children, adolescents, adults and families throughout the country.

• The Pavilion Behavioral Health System - www.pavilionhospital.com
  “Committed to excellence and innovation, The Pavilion has been the premiere provider of behavioral health and addictions treatment to families in Illinois since 1989.”

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**CAMPUS OPPORTUNITIES & REGISTERED STUDENT ORGANIZATIONS**

• Active Minds - https://illinois.collegiatelink.net/organization/uiucactiveminds
  Active Minds empowers students to change the perception about mental health on college campuses.

• NAMI on Campus UIUC - https://illinois.collegiatelink.net/organization/namioncampusuiuc
  “NAMI-UIUC is an official affiliate of the National Alliance on Mental Illness, a nationwide organization dedicated to raising awareness, educating others, and providing support for those affected by mental illness.

• Open Ears - https://illinois.collegiatelink.net/organization/openears
  “Our purpose is to give everyone a chance to be heard. Whether you are going through a rough time, want to chat about midterms, or just simply want to share some good news, we have a friend here for you!”

• To Write Love on Her Arms (TWLOHA) UIUC - https://illinois.collegiatelink.net/organization/towriteloveonherarmsuiuc
  As an official UChapter of To Write Love on Her Arms (TWLOHA), this RSO promotes and programs around mental health issues and topics.

• UIUC Counseling Center - https://counselingcenter.illinois.edu/training-programs
  The Counseling Center is committed to providing a broad range of high quality, innovative, and ethical services that address the psychological, educational, social, and developmental needs of University of Illinois at Urbana-Champaign students.

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