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** - [www.hopeline.com/volunteer](http://www.hopeline.com/volunteer)
  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.
CHAMPAIGN-URBANA ORGANIZATIONS:

- **Champaign County Nursing Home (CCNH)** - [www.co.champaign.il.us/CCNH/VolunteeringandActivities.php](http://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.crosspoighthuman.org/about-crosspoint/contact-us](http://www.crosspoighthuman.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](http://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](http://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** - [rosecrancechampagnearbana.org](http://rosecrancechampagnearbana.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](http://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.

CAMPUS OPPORTUNITIES AND REGISTERED STUDENT ORGANIZATIONS:

- **The Trevor Project** - [www.thetrevorproject.org/section/get-involved](http://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](http://www.voa.org/mental-health)
  We help people with chronic or severe mental illnesses successfully manage their lives through crisis counseling and programs.

- **Active Minds** - [https://illinois.collegiatelink.net/organization/uicactiveminds](https://illinois.collegiatelink.net/organization/uicactiveminds)
  Active Minds empowers students to change the perception about mental health on college campuses.

- **NAMI on Campus UIUC** - [https://illinois.collegiatelink.net/organization/namioncampusuiuc](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](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](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](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.