

## INFORMATION YOU CAN USE – Mental Health

- **Mental Health Information and Support: JED Foundation (Click icon for site)**



The Jed Foundation

- **IMPACT Student Life Assistance**

The IMPACT Student Life Assistance Program is a resource to help students manage emotional and academic stress and the demands associated with balancing school, work, daily living, family and relationship concerns. All IMPACT counselors are qualified masters/doctoral level professionals. The IMPACT Program includes access to:

- 24/7 live in-the-moment support
- Up to 3 face-to-face coaching/counseling sessions per issue
- Daily living resources and referral assistance
- Eligibility includes household members, dependents in/away from home and parents/parent-in-laws

You can find more resources at <http://www.impactstudentassistance.com/>

For access to Impact, please contact your Academic Advisor.

**The IMPACT Student Life Assistance Program also provides assistance with the following:**

- Academic Stress/Test Anxiety
- Relationship Issues
- Mental Health Concerns
- Daily Living Demands
- Legal Assistance
- Financial Assistance
- Identity Theft Recovery

## Suicide

- **Help for those experiencing a loss by suicide: <http://afsp.org/find-support/ive-lost-someone/practical-information-for-immediately-after-a-loss/>**
- **Resources and warning signs of suicide as well as information on mental health access: [Suicide Awareness and Prevention brochure\\_2\\_.pdf](#)**
- **Resources for loss survivors: <https://afsp.org/find-support/ive-lost-someone/resources-loss-survivors/>**

- When you fear someone may take their life (afsp brochure): [When You Fear Someone May Take Their Own Life 20160428104055536.pdf](#)



**American  
Foundation  
*for* Suicide  
Prevention**

(Click icon for site)