

Mental Health Resources and Other Supports

Meditation, Yoga, and Stress Relief

- [UCLA Mindful Guided Meditations](#) – numerous guided meditations available in multiple languages
- [10-Minute Mindfulness Meditation](#) – a meditation video from Calm’s YouTube page
- [Down Dog App](#) – a free yoga app for students, staff, and faculty
- Simple Self-Care Exercises from [Active Minds](#)
- Mental Health Resources from [Psi Chi](#) – a compilation of multiple resources, including crisis lines, podcasts, and magazine articles

Free Mental Health Apps

- [Healthy Minds Program](#) – a mindfulness-focused app to improve well-being
- [iBreathe](#) – a guided breathing app with specific exercises for stress and anxiety
- [Mindshift CBT](#) – a CBT-based app for managing anxiety
- [Spiral Up](#) – a stress-relief and emotion processing app
- [PTSD Coach](#) – an app to manage PTSD symptoms
- [CBT-i Coach](#) – an app to support individuals with insomnia or sleep difficulties
- [ACT Coach](#) – an app with exercises based in Acceptance and Commitment Therapy
- [Pain Coach](#) – an app for managing chronic pain symptoms
- [Concussion Coach](#) – an app for managing concussion symptoms

Therapy Services and Non-Crisis Lines

- [RCU Psychology and Counseling Clinic](#) – provides free time-limited therapy services to students
- [Thriving Campus](#) – connects students to providers in the area
- [SAMHSA](#) – connects individuals to treatment along with other resources
- [HAVEN Counseling](#) – to schedule an appointment with a counselor specializing in intimate partner violence and sexual assault
- [NAMI Helpline](#) – A helpline for individuals not in crisis; available Monday through Friday 10AM – 10PM

- [Michigan Peer Warmline](#) – Available 7 days a week from 10AM – 2AM; 1-888-733-7753

Crisis Services

- 911 – if someone is in immediate danger
- [988](#) – call or text to connect with someone 24/7
- 741741 – Text COURAGE for 24/7 support
- [The National Sexual Assault Hotline](#) – 1-800-656-HOPE or chat online
- [HAVEN](#) 24-Hour Crisis Support Line – 1-248-334-1274 for survivors of intimate partner violence or sexual assault
- [Common Ground](#) Resources and Crisis Hub – free 24/7 crisis support and virtual visits
- [The Trevor Project](#) Crisis Support for LGBTQ+ individuals – text START to 678-678 or call 1-866-7386 to connect with someone 24/7

Food, Transportation, and Other Support

- Campus Food Pantry – located in the CHILL; free food, snacks, and sanitary/hygiene items
- [RCU Professional Clothes Closet](#) – free access to professional clothing for interviews, internships, and other events
- [RCU Student Emergency Fund](#) – for students with a financial need
- Neighborhood House [Food Pantry](#) – Located at 1315 North Pine Street (within First Congregational Church); home delivery also available
- Neighborhood House [Transportation Support](#) – provides transportation to medical appointments; can provide bikes to those in need
- [Neighborhood House](#) – operates a clothes closet; provides counseling services; and helps individuals apply for DHHS and other services

Resources to Help Others

- Active Minds [A.S.K.](#) – Acknowledge, Support, Keep-in-Touch to have supportive conversations
- [Be There Certificate](#) – a free training on how to support someone struggling with their mental health
- [RCU Behavioral Intervention Team](#) – to send a concern about a student