

# UNDERGRADUATE MENTAL HEALTH RESOURCES



## **Mental Health Resources** [↗](#)

- Mental Health Resources has multiple resources for students such as counseling or advising. It also has commonly asked questions from other students that are answered.



## **Counseling Services** [↗](#)

- ASU counseling services have 24/7/365 open call and open chat available. It also has telehealth individual sessions. There are multiple links to get support for students. There are resources for students from the community, support groups, outreach areas, and other links.



## **ASU Wellness** [↗](#)

- ASU Wellness is a community that wants to help support you in your well-being. It is meant to improve your physical health along with your routine. It also aims to improve your emotional, mental, and spiritual well-being. It has multiple links to benefit each aspect.



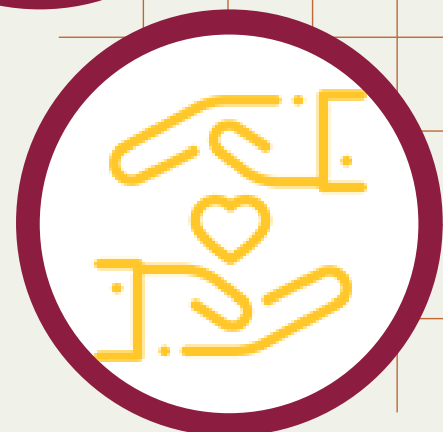
## **SAILS** [↗](#)

- SAILS is the central campus resource for students with disabilities. It provides accommodations for students with physical and mental disabilities. With a vast variety of accommodations, a student can use.



## **Health Services** [↗](#)

- ASU health services has a portal where students can make appointments to discuss their physical or mental health. They have in-person or telehealth appointments that are easy to make. They also have an after-hour phone number.



# UNDERGRADUATE MENTAL HEALTH RESOURCES



## **Disability Resource Center**

- The DRC provides access to services and accommodations for students with disabilities. It provides consultations with faculty and staff to ensure accessibility.



## **Student Advocacy and Assistance**

- Student Advocacy & Assistance guide students in resolving educational, personal, and other impediments to academic success. Provides students with appropriate university and community resources. Collaborates with instructors and staff.



## **Educational Outreach and Student Services**

- Educational Outreach and Student Services (EOSS) offers trainings, programs, and presentations for both instructors and students regarding student mental health and how they can help.