

WELLNESS RESOURCE GUIDE

FOR USC STUDENTS



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“Wellness Resource Guide for USC Students”

Curated by students, for students.

Created by the Wellness Committee of Undergraduate Student Government (USG), Spring 2023. Non-university resources in this guide have been selected by USG representatives and do not indicate an endorsement by or affiliation with the University of Southern California.

University of Southern California

Mental Health

1. Ask Ari

- a. The Ask Ari is a private and confidential USC app that gives students 24/7 access to self-reflection activities on well-being issues and offers referrals for local, online, or campus resources. Students can talk to Ask Ari about habits, stress, sleep, mood, healthy communication, thriving, productivity, unhealthy thinking, relationships, goals, and much more. Chat with Ask Ari at askari.usc.edu or download the Ask Ari app to a mobile device.

2. Belonging at USC - Ask Questions; Make Friends; Build Community

- a. An ORAL-based initiative to encourage closer relationships and greater conviviality at USC. Dedicated to providing icebreaker activities and building intimate connections.

3. BIPOC Clinicians "Let's Talk"

- a. Let's Talk is an opportunity to spend 20 minutes with a one-on-one clinician from USC Student Health Counseling and Mental Health.
- b. Committed to providing support for different cultural communities. Latinx/Chicanx, Black, API/Desi, and LGBTQ+ identified therapists are available for USC students.
- c. How to get started:
 - 1) Email studenthealth@usc.edu "CMH Appointment, BIPOC Services"
 - 2) Please include your name, student ID number, and date of birth in your message.
 - 3) You will receive a follow up call within 1 business day to schedule your appointment. You may also call USC student health (213) 740-9355 (WELL) to connect with a therapist.

4. Campus Support & Intervention

- a. Campus Support & Intervention (CSI) is an office within Campus Wellbeing and Crisis Intervention. Team of professionals that assist current students, faculty, and staff in navigating complex issues.

5. CommuniTea

- a. A program dedicated to the search for community-building tools through dog parties (with visiting therapy dogs and cats), art therapy sessions, and seasonal beverage/snack outings to have students connect and form a community around shared experiences.

6. Campus Wellbeing and Crisis Intervention (CWCI)

- a. A one-stop shop that addresses concerns and questions, and provides threat assessments, crisis response, and support. CWCI helps the USC community learn how to resolve a concern/conflict or improve themselves or their teams.

7. Grief Support Group

- a. Support group dedicated to students going through times of significant grief. Meets every two weeks on zoom and is facilitated and hosted by Mark Miller, Psy.D, Mindfulness Coordinator. A safe space where any type of grief/loss is honored and respected.

8. Jubilee Co-Op Cafe

- a. Hosted by the Progressive Christians @ USC, this group will meet Tuesdays at the University Religious Center (11:45 AM - 12:45 PM) and provide *free vegan* lunches to those struggling to find vegan alternatives on/around campus.

9. Kortschak Center for Learning and Creativity

- a. The Kortschak Center provides support to help students make successful transitions to college through individual academic guidance, workshops, academic support groups, on-campus resource referrals, and quiet study spaces.

10. LGBTQ+ Student Center (LGBTQ+SC)

- a. The USC LGBTQ+ Student Center provides support, education, advocacy, and connection to the community for undergraduate and graduate students from across the gender and sexual identity spectrum, including lesbian, gay, bisexual, pansexual, queer, transgender, and gender non-conforming students. The LGBTQ+SC provides resources and referrals for all campus members.

11. Mindfulness @ USC

- a. USC's campus-wide initiative offers free courses in mindfulness and wellness to USC students and faculty. They currently offer USC courses in Buddhist Meditation (Weekly on Thursdays 12-1 PM on Zoom) and the Contemplative Pedagogy Initiative, which is the worldwide initiative to incorporate.

12. Mindful USC Mobile App

- a. The Mindful USC app is a free app that is tailored to USC students. With the Mindful USC app you will be able to listen to guided meditations, track your mindfulness journey, and learn about mindfulness classes, retreats, and events on campus. You can find the Mindful USC app in the iTunes and Google Play stores.

13. Office of Student Accessibility Services (OSAS)

- a. OSAS provides support services and accommodations necessary to enable students with disabilities to develop their maximum academic potential by making their education accessible while having the dignity to work independently.

14. Open Space for Relaxation/Meditation

- a. USC's campus-wide initiative offers free courses for students and staff to learn about mindfulness practice. Mindfulness Drop-In Practice Group available.

15. Roadmap to Resilience PBHS 499 (Available on Web Registration)

- a. A 2 Unit course where students learn how to build resilience to common stressors in our everyday lives; modeled after student mindfulness and emotional development. Practice responding effectively to everyday stressors. This course is taught by Dr. Michelle Dexter.

16. Trojan Basic Needs

- a. It can be difficult to focus on academics and other educational endeavors when a student is struggling with basic needs (i.e. acclimation/adjustment, financial issues, legal aid, housing, and food insecurity). Should you find yourself struggling and would like to speak with a SEIP staff member, please email basicneeds@usc.edu.

17. Survivor Support Community at USC (SSC)

- a. The SSC fosters a community for healing where survivors and allies are safe, heard, supported, and not alone. They engage in open conversation nights, physical wellness activities, and arts & crafts for healing.
- b. Meetings are hosted every Wednesday in URC 104 from 6-7pm.
- c. Click the link to access their Instagram, email list, and further contact information.

18. Three-Minute Breathing Space

- a. A relaxation and anxiety technique developed by Social Worker Susan Lindau; The breathing space provides a way to step out of automatic pilot mode and reconnect with the present moment.

19. Trojans Care for Trojans (TC4T)

- a. Trojans Care for Trojans is a private and anonymous request form that anyone can submit to connect a member of the Trojan family. Each TC4T submission will be reviewed and responded to by a staff member from USC Campus Support & Intervention (CSI) within the Office of Campus Wellness and Crisis Intervention.

20. USC Office of The Ombuds | (213) 821-9556 | upcombuds@usc.edu

- a. The office of the Ombuds is dedicated to anyone experiencing a university-related concern, conflict, or challenging time. UPC or HSC provides a confidential listening office that can offer initial problem solving support and navigation to other vital services.

21. USC Race and Equity Center

- a. Dynamic research and organizational improvement that works with professionals in educational institutions, corporations, and other contexts. The center seeks to develop and achieve equity goals, better understand and correct climate problems, and cultivate sustainable cultures of inclusion and respect.

22. USC Office of Spiritual and Religious Life

- a. A centralized religious center dedicated to providing opportunities to students and assisting students to explore the spiritual dimensions of their lives. Sponsors USC students with an emphasis on moral, religious, and spiritual focuses. Offer a series of programs to alleviate anxiety and find coping mechanisms.
- a. The USC office of Spiritual and Religious Life focuses on reflection and worship, spiritual care, mindfulness and belonging.

23. USC Student Counseling and Mental Health Services

- a. USC Counseling and Mental Health Services offer confidential services such as individual therapy, crisis support, psychiatric services, consultations, group counseling, and workshops.

24. USC's Office for Equity, Equal Opportunity, and Title IX (EEO-TIX)

- a. The Office for Equity, Equal Opportunity, and Title IX (EEO-TIX) centralizes resources for civil rights education, reporting, and resolution procedures.
- b. If you observe or experience discrimination, harassment or retaliation, contact (213) 740-5086 or email eeotix@usc.edu

Physical Health

1. Blue Light Emergency Phones

- a. Located throughout University Park Campus and Health Sciences Campus; connected to the DPS's 24-hours emergency reporting system; used to request an escort, an emergency, or to support suspicious behavior.

2. Get a Ride: USC Lyft Program

- a. Lyft is now available at University Park Campus and Health Sciences Campus to cover shared rides. Lyft at UPC is open from 6 p.m. to 2 a.m. seven days a week. Lyft at HSC Ombuds Office is open from 5 p.m. to midnight, Monday through Friday only.
- b. Students can request up to two riders per Lyft vehicle.

3. LiveSafe APP

- a. To quickly make emergency push button calls to the Department of Public Safety or **911** on your mobile phone, download the Trojan Mobile Safety APP "**LIVESAFE**".

4. Recreational Sports

- a. Through Recreational Sports students can pursue a balanced, healthy lifestyle and enhance personal wellness through physical fitness and participation in recreational activities.
- b. In addition to free gym memberships for currently enrolled USC students, Recreational Sports offers group fitness classes, intramural sports, and club sports.

5. Student Medical Services

- a. At USC Student Health, students can schedule appointments for primary care as well as specialty care and services. In addition, Student Health can also help with emergencies, after-hours care, and referrals.

6. Student Nutrition Services

- a. Students can schedule an appointment with a Registered Dietitian Nutritionist (RDN) who can help students develop an individualized plan and address challenges they may have with finding their healthy eating style.

7. TrojansAlert

- a. Register for USC's emergency notification system TrojansAlert to allow university officials to contact you during an emergency by sending messages via text or email.

8. Trojan 360: Free Food Spots Around Campus

- a. A student-written, student-used guide dedicated to helping Trojans find quick free bites on and around campus. Written and owned by the Trojan360 group.

9. Trojan Food Pantry

- a. The Trojan Food Pantry offers fresh food, non-perishable items, toiletries, and academic supplies for currently enrolled USC students. The Trojan Food Pantry addresses food insecurity on campus and provides much needed temporary relief to those experiencing food emergencies.

10. USC Department of Public Safety

- a. Responsible for emergency responses, wellness checks, and ensuring the safety of students and faculty on and around campus.
- b. The Mental Health Assistance & Response Team (MHART) helps students with mental health issues interact primarily with mental health clinicians as an alternative to law enforcement. When the DPS is called to respond to mental health calls, a certified licensed mental health professional from USC Student Health will be part of the response team to help the student through the crisis.
- c. **213-740-4321** (University Park Campus) or **323-442-1000** (Health Sciences Campus).

11. USC Student Health

- a. USC Student Health is a comprehensive source for primary care, counseling and mental health services, preventive health services, and health promotion for all USC students on its two campuses: University Park (**Engemann Student Health Center Building, floors 1-3**) and Health Sciences (**Eric Cohen Student Health Center in HC1**).
- b. USC Student Health serves as the campus public health organization, working in cooperation with the Los Angeles County Department of Public Health and other public health entities to ensure a healthy and safe campus environment.
 - i. In 2022, USC Student Health earned designation as an LGBTQ+ Healthcare Equity Leader, an accolade reflecting our commitment to patient-centered, trauma-informed care that reduces health inequities in our communities.

Sexual Wellness

1. Emergency Contraception

- a. A Student Health-sponsored website that provides emergency contraception to USC students covered by school insurance.

2. Healthy Relationship Declarations

- a. An online guide with definitions, characteristics, and examples of healthy and strong relationships.

3. Relationship and Sexual Violence Prevention Services (RSVP)

- a. Dedicated to preventing and responding to gender- and power-based harm.
- b. They provide survivor support through confidential advocates and mental health providers. Advocates can arrange accompaniment and transportation to specialized centers for medical care and evidence preservation for survivors of sexual assault.

4. Self-Service STI Tests (through mySHR)

- a. Great opportunity to discreetly test for STIs. According to Keck, this is a great, complimentary resource to USC students and faculty. Additionally, this resource introduces common STIs and the symptoms one should look out for.

Substance Use

1. Drugs @ SC

- a. A website dedicated to different resources and knowledge about different abuse-related drugs, insurance plans for those facing substance abuse, not to mention ways to stay connected to updates on drug safety. General safety information.

2. NaloxoneSC

- a. An online naloxone distribution program at USC, partnered with the American Association of Psychiatric Pharmacists, **AAPP USC**. Aimed to distribute Naloxone Overdose kits that anyone can use and administer in the event they come across an overdose.

3. USC College Sober Living

- a. A collegiate mental health housing and sober support group. Their mission is to empower at-risk young Trojans, housing them in a safe environment with the support they need to complete their academics.

4. USC Lifestyle Redesign Smoking Cessation & Relapse Prevention

- a. USC-pharmacy ran an initiative dedicated to helping people recover from smoking and vaping related addictions. They dedicate themselves to helping with impulse control, craving strategy development, a large team of occupational therapists and more.

5. 12-Step Recovery Program

- a. Through the Office of Religious and Spiritual Life, USC students are able to attend several AA and twelve-step programs to understand their drinking or substance abuse.
- b. The meetings are open to the public but provide an anonymous environment in which people can turn their lives around.

Los Angeles County Mental Health

1. California Youth Crisis Line | (800) 843-5200

- a. Provides a strong statewide policy leadership around issues concerning disconnected runaway and homeless youth and provides direct support to youth and families through professionally trained staff and volunteer counselors. Open 24 hours, seven days a week.

2. Colors Youth

- a. A nonprofit organization that provides free and unlimited mental health services for LGBTQ-identified youths ages 25 and younger throughout the LA metropolitan area.

3. Enki Health Services Inc. | (213) 480-1557

- a. Program dedicated to providing mental health care to patrons and members of the East Los Angeles community. Medical, Medicare, and other insurance accepted. Walk-in hours are available. They offer adult, child & family, school-linked, and intensive services.

4. iPrevail

- a. The program is a comprehensive and free resource that is specifically designed to assist residents of Los Angeles in identifying and addressing their unique challenge while building resiliency.

5. LACDMH Help Line | (800) 854-7771

- a. 24/7 crisis and emotional wellness support resources. These include access lines for service referrals, crisis assessments, and field deployment.

6. Los Angeles Department of Mental Health | (800) 854-7771

- a. Offers a variety of mental health services including crisis intervention, assessment, and treatment.

7. Los Angeles LGBT Center

- a. This center offers a broad range of health & social services, cultural education, and leadership development resources for the LGBTQ+ community in the Greater LA area.

8. PFLAG

- a. The nation's largest LGBTQ+ family and ally organization, with over 400 local chapters dedicated to creating safe communities for LGBTQ+ individuals and families. Chapters within LA County include:
 - i. Burbank, Claremont Long Beach Los Angeles Manhattan Beach / South Bay Pasadena | San Gabriel Valley / API | PFLAG Santa Clarita

9. Southern California Counseling Center (SCCC)

- a. Offers low-cost counseling and therapy services for individuals, couples, and families. Most insurances are accepted.

10. The Center for Mindful Living

- a. A center dedicated to assisting those undergoing mental crises through mindfulness-based psychotherapy and meditation classes.

11. Trans Lifeline

- a. Trans Lifeline provides Los Angeles-based peer support; run by the transgender community for the transgender community.

12. The YWCA | Eliminating Racism; Empowering Women

- a. YWCA GLA is a pioneering model of community centers and housing -co-created with diverse stakeholders; transforms lives, builds self-reliance, and ultimately strengthens communities.

Physical Health

1. Department of Public Health

- a. The Los Angeles County Department of Public Health provides public health services to Los Angeles County residents.

2. Los Angeles Homeless Outreach Portal (LA-HOP)

- a. Operated by the Los Angeles Homeless Services Authority (LAHSA), LA-HOP is designed to assist people experiencing homelessness by dispatching homeless outreach teams throughout Los Angeles County.

3. Los Angeles Police Department

- a. For calls when someone is in immediate life-threatening danger **(213) 740-4321**.

4. Saban Community Clinic

- a. Offers primary care, dental care, and behavioral health services to underserved populations, regardless of their ability to pay.

5. Peace Over Violence

- a. Peace Over Violence launched a bold campaign to build a brave space where we can meet the needs of survivors and families from across Los Angeles County. With our successful move to new headquarters behind us, we now turn our attention to the buildout of our ground-floor Children, Youth, and Family Center.

6. 211 LA County

- a. Dial **2-1-1** within LA County
- b. Hub for all types of health, human and social services in Los Angeles County, providing callers with information and referrals to the services that best meet their needs.

7. Venice Family Clinic

- a. Provides medical, dental, and behavioral health services to low-income and uninsured individuals and families.

Sexual Wellness

1. APLA Health

- a. Provides comprehensive sexual health resources for LGBTQ+ individuals, including HIV testing and treatment, PrEP and PEP, and transgender health services.

2. Access Center

- a. Provides free and confidential HIV and STI testing and treatment, as well as sexual health education, counseling, and therapy.

3. Bienestar

- a. Provides HIV testing and counseling, PrEP and PEP, and transgender health services for Latinx and LGBTQ+ communities.

4. California Family Health Council

- a. CFHC partners with health care providers, community organizers, and government agencies to ensure that everyone in California has access to high-quality reproductive health care, including birth control, HIV prevention, and STI testing and treatment.
- b. They provide reproductive health care service and support for family planning initiatives in underserved communities.

5. Center for Sexual Health and Wellness

- a. Offers individual and couples therapy for a variety of sexual health concerns.

6. Domestic Violence - County of Los Angeles & Hotline

- a. The Los Angeles County Domestic Violence Hotline provides 24-hour crisis support and referrals to survivors of domestic violence.
- b. They offer language access and can provide information about local resources and shelters.
- c. Los Angeles County Domestic Violence Hotline: **(800) 978-3600**

7. Institute for Sexual Health

- a. Offers sex therapy and counseling services for individuals and couples experiencing sexual difficulties, including low sexual desire, sexual pain, and difficulty achieving orgasm.

8. Los Angeles LGBT Center

- a. The LA LGBT Center offers a range of sexual health services for LGBTQ+ individuals, including STI testing and treatment, HIV testing and treatment, PrEP and PEP, and gender-affirming care. They also provide sexual health education and counseling services.

9. Planned Parenthood- Los Angeles Chapter

- a. Reproductive health services, including birth control, STI testing and treatment, and pregnancy options counseling.
- b. Call **(800) 576-5544**

10. Rape Treatment Center at UCLA Medical Center

- a. The Rape Treatment Center at UCLA Medical Center offers free 24-hour emergency medical care and forensic exams to survivors of sexual.
- b. They provide counseling, legal advocacy, and support service for survivors.

Substance Use

1. **Alcoholics Anonymous** | (323) 936-4343 OR (800) 923-8722
 - a. Los Angeles-based 12 step program dedicated to a judgment-free zone for those suffering from varying stages of alcoholism. Assists through peer efforts to achieve sobriety.
2. **BAART Programs** | (323) 235-5035
 - a. Several programs dedicated to Addiction Treatment, Relapse Prevention and the Allocation of detoxification services. Medicaid and other forms of insurance are openly accepted.
3. **California Department of Public Health**
 - a. The CDPH works to prevent and control diseases and injuries, promote healthy lifestyles, and ensure access to quality health care. The agency provides guidance, resources, and support to local health departments, health care providers, and the public.
4. **California Smokers' Helpline** | English: (800) NO-BUTTS Española: (800) NO-FUME
 - a. Emergency phone line dedicated to assisting those with major dependence on nicotine, smoking, and vaping. Available in both English and Spanish.
5. **CLARE | Matrix Foundation**
 - a. Provides a range of addiction treatment services, including outpatient and residential programs as well as recovery support services.
6. **Creative Care**
 - a. Provides individualized addiction treatment programs, including detoxification, residential treatment, and aftercare support, as well as mental health services.
7. **County of LA Public Health - Substance Abuse Prevention and Control** | (844) 804-7500
 - a. This LA county agency provides prevention, treatment, and recovery for individuals suffering from substance use disorder of all ages residing in Los Angeles County
8. **Los Angeles County Substance Abuse Treatment Referral Hotline** | (800) 564-6600
 - a. Emergency resource to help those find treatments for narcotic-substance related medical emergencies. No one is turned away based on their ability to pay.
9. **Los Angeles New Life Center**
 - a. From Detox to Rehab. Dedicated to establishing a progressive, supportive, and inclusive community. It is ready to help navigate one's journey to sobriety and will assist in providing tools, strategies and mechanisms to overcome any addiction.
10. **Narcotics Anonymous**
 - a. Peer-based group dedicated to those struggling with varying narcotic addictions. Narcotics Anonymous is a fellowship or society for those who struggle with drug addiction..
11. **Peoples Coordinated Services of Southern California (PCS)**
 - a. Outpatient and Residential Long Term services to those suffering from addiction. Not associated with any insurance plan, but several payment plans exist. Payment assistance is offered upon request.

National Mental Health

1. Anxiety and Depression Association of America (ADAA)

- a. The ADAA provides resources for finding treatment and support for anxiety and depression. They offer online support groups and educational webinars.

2. American Foundation for Suicide Prevention

- a. AFSP is a non-profit organization in the U.S. that is dedicated to preventing suicide, providing support for those who have been affected by suicide, and advocating for policies and legislation to promote mental health and suicide prevention.
- b. If you or someone you know is struggling with suicidal thoughts, it's important to seek help immediately. You can contact the National Suicide Prevention Lifeline at **1-800-273-TALK (8255)** for confidential support 24/7.

3. American Psychological Association (APA)

- a. The APA is a professional organization for psychologists and provides resources for finding a therapist, information on mental health conditions, and educational materials.

4. BetterHelp

- a. Offers online counseling and therapy services for individuals living with mental health conditions as well as support services for mental health professionals.

5. Crisis Text Line | Text “**HOME**” to **741741**

- a. Crisis Text Line provides free, 24/7, high-quality text-based mental health support and crisis intervention by a team of trained volunteers.

6. It Gets Better Project

- b. The It Gets Better Project inspires people to share their stories and reminds the next generation of LGBTQ+ youth that hope is out there, and that it will get better.

7. Mental Health America (MHA)

- a. MHA focuses on mental health education, advocacy, and support. Provide resources for finding treatment as well as online screening tools for mental health conditions.

8. National Alliance on Mental Illness (NAMI)

- c. NAMI offers support groups, educational programs, and advocacy initiatives to improve the lives of individuals and families affected by mental illness.
- d. On their website there are full in-depth stories on mental illness, research, mental health legislation, surveys, personal stories, and NAMI events.

9. National Association of Social Workers (NASW)

- a. NASW is a professional organization for social workers and provides resources for finding a social worker, information on mental health conditions, and educational materials.

10. National Eating Disorders Association (NEDA)

- a. NEDA provides support and resources for individuals and families affected by eating disorders.
- b. If you are in a crisis and need help immediately, text “**NEDA**” to **741741** to be connected with a trained volunteer at Crisis Text Line. Crisis Text Line provides free, 24/7 support via text message to individuals who are struggling with mental health, including eating disorders, and are experiencing crisis situations.

11. National Institute of Mental Health (NIMH)

- a. NIMH provides information on mental health conditions, treatment options, and also fund research studies.

12. Suicide Prevention Resource Center

- a. Resource center dedicated to effective suicide prevention, by providing training, resources, and technical assistance to individuals and organizations working to prevent suicide.
- b. The SPRC provides support for survivors of suicide loss and those struggling with suicidal thoughts or behaviors.

13. Trevor Project Lifeline | 866-488-7386

- a. Provides 24/7 support to LGBTQ+ youths and allies in crisis or in need of a safe and confidential place to talk. Trained counselors offer emotional support, crisis intervention, and suicide prevention services.

14. Teen Line | (800) 852-8336

- a. Provides support, resources, and hope to young people through a hotline of professionally trained teen counselors, and outreach programs that de stigmatize and normalize health.

15. 988 Suicide & Crisis Lifeline

- a. An emergency resource to talk with a caring, trained counselor. It is free, confidential, and available 24 hours a day, 7 days a week. This is a recent replacement to the National Suicide Prevention Lifeline.

Physical Health

1. Centers for Disease and Control (CDC)

- a. The CDC is a national public health agency in the United States that works to protect public health and safety.

2. HealthFinder.gov

- a. Provides health information and resources on a wide range of topics including preventive care, healthy living, and managing health conditions.

3. National Domestic Violence Hotline | (800) 799-7233

- a. The National Domestic Violence Hotline provides 24/7 support for survivors of domestic violence, including crisis counseling, safety planning, and referrals to local resources.

4. National Human Trafficking Hotline

- a. The National Human Trafficking Hotline provides support for victims of human trafficking and individuals who suspect human trafficking activity.
- b. They offer resources for victims, as well as training and education for service providers, law enforcement, and other stakeholders.
- c. The confidential and toll-free hotline is available 24/7 and can be reached by calling **(888) 373-7888** or by texting **“HELP” or “INFO” to 233733 (BeFree)**.

5. National Institute of Health (NIH)

- b. The steward of medical and behavioral research for the Nation. Its mission is to seek fundamental knowledge about the nature and behavior of living systems and the application of that knowledge to enhance health, lengthen life, and reduce illness and disability.

Sexual Wellness

1) American Sexual Health Association (ASHA)

- a. ASHA provides resources and education on sexual health, including STI prevention and treatment, and healthy relationships.
- b. ASHA’s resources are intended to help individuals make informed decisions about their sexual health and improve their overall wellbeing.

2) National Coalition for Sexual Health (NCSH)

- a. NCSH is a coalition of organizations working to promote sexual health and wellbeing. They offer resources on sexual health topics such as contraception, STI prevention and treatment, and healthy relationships.
- b. NCSH also advocates for policies that support sexual health and works to reduce stigma surrounding sexual health issues.

3) National Sexual Violence Resource Center (NSVRC)

- a. NSVRC provides resources and support for survivors of sexual violence, as well as resources for advocates and professionals working in the field.
- b. Their resources cover topics such as sexual violence prevention, trauma-informed care, and survivor-centered advocacy.

4) Planned Parenthood

- a. Planned Parenthood offers a range of sexual and reproductive health services, including birth control, STI testing and treatment, and sexual health education.
- b. Planned Parenthood provides high-quality, affordable care. They offer expert, trusted telehealth services by video, phone, chat, or text **1-800-230-PLAN**.

5) RAINN

- a. RAINN provides free, confidential support services to survivors of sexual assault and abuse, and works to prevent sexual violence through education, advocacy, and public policy initiatives.
- b. RAINN provides a 24/7 hotline that offers free, confidential support. The hotline can be reached at **(800) 656-HOPE (4673)** or online at **www.rainn.org**.

6) The National LGBTQIA+ Health Education Center

- a. The National LGBTQIA+ Health Education Center provides resources and education on sexual and reproductive health for LGBTQIA+ individuals.
- b. Resources cover a range of topics, including gender-affirming care, STI prevention and treatment, and mental health.
- c. The Center's resources are designed to help LGBTQIA+ individuals access culturally competent and affirming health care.

Substance Use

1. National Association of State Alcohol and Drug Abuse Directors (NASADAD)

- a. Nonprofit organization that represents state government agencies responsible for substance abuse prevention, treatment, and recovery services in the United States.
- b. Provides information about organizations that maintain a strong focus on alcohol and other drug (AOD) abuse prevention.

2. National Institute on Alcohol Abuse and Alcoholism (NIAA)

- a. Generates and disseminates fundamental knowledge about the effects of alcohol on health and well-being, and applies that knowledge to improve diagnosis, prevention, and treatment of alcohol-related problems, including alcohol use disorder, across the lifespan.

3. Sober Living Network

- a. An in-house community, SLN is dedicated to providing people with a network of others also fighting their addictions. Together members of the community can combat addiction and support each other.

4. Substance Abuse and Mental Health Services Administration (SAMHSA)

- a. The national public health agency of the United States. It is a United States federal agency, under the Department of Health and Human Services, and is headquartered in Atlanta, Georgia.

5. 12 Step Programs

- a. Programs dedicated to managing different kinds of addictions in different fields:
 - i. Alcoholics Anonymous. **(800) 923-8722**
 - ii. Narcotics Anonymous. **(800) 863-2962**
 - iii. Cocaine Anonymous. **(310) 216-4444**
 - iv. Crystal Meth Anonymous. **(877) 262-6691**
 - v. Gamblers Anonymous. **(626) 690-3500**
 - vi. Al-Anon. **(800) 356-9996**