**Resource Card**

If you or someone you know is in immediate danger, please CALL 911 immediately or call the CSULB Police Department at 562.985.4101.

For Mental Health Services, please contact Counseling & Psychological Services (CAPS) at 562.985.4001. We are located in Bromtan Hall 226.

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**On Campus Resources**

Counseling and Psychological Services (CAPS)

www.csbu.edu/caps ∙ 562.985.4001

Online Self-Assessment

www.csbu.edu/divisions/students/caps/programs/workshops_online_assessment.htm

Student Health Services (SHS)

www.csbu.edu/shs ∙ 562.985.4771

Student Health Resource Center

www.csbu.edu/shrc ∙ 562.985.4009

Disabled Student Services (DSS)

www.csbu.edu/dss ∙ 562.985.5401

Veterans Affairs Services

www.csbu.edu/veterans ∙ 562.985.5115

Women’s Resource Center

www.csbu.edu/wrc ∙ 562.985.4585

Financial Advising, Counseling, and Educational Services

www.csbu.edu/faces ∙ 877.716.2227

Academic Advising Office

www.csbu.edu/academic ∙ 562.985.4837

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**Off Campus Resources**

Health and Human Services Hotline: 2-1-1 LA County Hotline of Mental Health Hotline

1-800-854-7771

LA County Domestic Violence Hotline

1-800-978.3600

YWCA Sexual Assault Crisis Hotline

1-877-7-Help-U (943-5778)

California Youth Crisis Hotline

1-800-843-5200

National Domestic Violence Hotline

1-800-799.SAFE (7233)

National Child Abuse Hotline

1-800-4.A-CHILD (422.5223)

VeriVet Crisis Hotline

1-877.4.VETLINE (48378)

National Veteran Crisis Hotline

1-800-273-8255, press 1

Emergency Food and Shelter Hotline

1-833.368.8974

Rape, Abuse & Incest National Network (RAINN)

1-800.379.6931

Parents, Families, and Friends of Lesbians and Gays (PFLAG)

www.pflag.org

Active Minds

www.activeminds.org

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**Suicide Prevention**

Warning signs of suicide include: talking about death and dying, loss of interest or enjoyment in substance use, mood swings, rage, feeling sexually inaccurate.

**Resources: Support Groups**

National Suicide Prevention Lifeline

Toll Free: 24 hours a day

1-800-273-TALK (8255) ∙ 1-800-799.4889 (TTY)

www.suicidepreventionlifeline.org

National Hope Line Network

Toll Free: 24 hours a day

1-800-442-HOPE (4683) ∙ www.hopeline.com

The Trevor Lifeline

Toll Free: 24 hours a day

1-877-4-VETLINE (48378) ∙ www.thetrevorproject.org

ImAlive - An Online Crisis Chat Resource Site

www.imalive.com

The JED Foundation

www.jedfoundation.org

LifeLinx: www.lifeline.org

Love is Louder: www.lovelis louder.com

American Association of Suicidology

www.aaas.org

National Institute of Mental Health

www.nimh.nih.gov

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**Substance Abuse**

Warning signs of substance abuse include: a drop in grades or work performance, continued use despite negative consequences, changes in appetite, sleep habits or mood.

**Resources: Support Groups**

Alcoholics Anonymous - www.aa.org

Narcotics Anonymous - www.na.org

Al-Anon Family Group

www.al-anon.org

Self Help Group Sourcebook Online

www.mentalhelp.net/selfhelp

CSULB Alcohol, Tobacco and Other Drugs (ATOD) Program

www.csbu.edu/atod

Substance Abuse and Mental Health Services Administration

www.samhsa.gov

National Institute on Drug Abuse

www.drugabuse.gov

Mental Health America

www.mhamerica.net

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**Psychosis**

Symptoms of psychosis include: suspiciousness with others, decline in hygiene, unusual ideas, making false values for colors, strange noises, loss of interest or motivation.

**Resources: Support Groups**

Recovery International

www.lockshowelpssystems.org

International Community for Hearing Voices

www.interviozone.com

Bipolar Disorder Connect

www.bipolardisorderconnect.com

Pendulum for Bipolar Disorder

www.pendulum.org

SCHizophrenia Resources

www.schizophrenia.com

Hearing Voices Network USA

www.hearingvoicesusa.org

International Bipolar Foundation

www.international bipolarfoundation.org

Brain & Behavior Research Foundation

www.bbrfoundation.org

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**Depression**

Warning signs of depression include: feelings of hopelessness, sadness, guilt, worthlessness, fatigue, thoughts of suicide, changes in sleep or appetite.

**Resources: Support Groups**

Depression & Bipolar Support Alliance

East Long Beach Chapter

www.db staunch.com

Postpartum Support International

www.postpartum.net

IFive International Foundation

For Research and Education on Depression

www.if5.org

Anxiety & Depression Association of America

www.adaa.org

Mental Health America Online Depression Screening

www.depressionscreening.org

Screening for Mental Health

www.mentalhelp.net/selfhelp

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**Anxiety**

Signs of anxiety include: feeling overwhelmed, worry, increased heart rate, rapid breathing, and muscle tension.

**Resources: Support Groups**

American Self Help Group

Clearinghouse

E-Couch: www.acouch.anu.edu.au

Anxiety Panic Attack Resource Site

www.anxietypanic.com

Anxiety & Depression Association of America

www.adda.org

Freedom From Fear

www.freedomfromfear.org

Substance Abuse & Mental Health Services Administration (SAMHSA)

www.samhsa.gov/treatment

National Institute of Mental Health

www.nimh.nih.gov

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**Eating Disorders**

Some signs of eating disorders include: food restriction, increased exercise, mood swings and weight fluctuations.

**Resources: Support Groups**

National Eating Disorders Helpline

1-800-931-2237

Eating Disorders Anonymous

www.eatingdisordersanonymous.org

Overeaters Anonymous: www.oa.org

American Self Help Group

Clearinghouse

Academy of Nutrition and Dietetics

www.eatright.org

Eating Disorder Center of California

www.edcca.org

National Eating Disorders Association

www.nationaleatingdisorders.org

National Alliance of Anorexia Nervosa and Associated Disorders

www.anad.org

Eating Disorder Foundation of Orange County

www.edoc.org

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**About Us**

Project OCEAN (On Campus Emergency Assistance Network) aims to promote a campus climate that reduces the stigma associated with mental health and mental illness and encourages students to seek help when needed. We are here to support our CSULB campus by increasing knowledge and awareness of all issues related to mental health.

Contacting Project OCEAN:

Office: Bromtan Hall 226

Address: 12350 Bellflower Blvd, BH 226

Long Beach, CA 90840

Phone: 562.985.4001

Website: www.csbu.edu/ocean

Facebook: www.facebook.com/CSULBPprojectOCEAN

CSULB Student Health 101 magazine: http://read101.com/csbu.html