

Project OCEAN is funded by the California Mental Health Services Act, Prop 63. It is one of several Prevention and Early Intervention (PEI) Initiatives implemented by the California Mental Health Services Authority (CalMHSA), an organization of county governments working to improve mental health outcomes for individuals, families, and communities. CalMHSA operates services and education programs on a statewide, regional and local basis.



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 Groups
www.al-anon.org
Self-Help Group Sourcebook Online
www.mentalhelp.net/selfhelp
Websites
CSULB Alcohol, Tobacco and Other Drugs (ATOD) Program
www.csulb.edu/atod
Substance Abuse and Mental Health Services Administration
www.samhsa.gov
National Institute on Drug Abuse
www.drugabuse.gov
Mental Health America
www.mentalhealthamerica.net

Psychosis

Symptoms of **psychosis** include: suspiciousness with others, decline in hygiene, unusual ideas, mistaking noises for voices, strange feelings, or no feelings.

RESOURCES:

- Support Groups**
Recovery International
www.lowselfhelpsystems.org
International Community for Hearing Voices
www.intervoiceonline.org
Bipolar Disorder Connect
www.bipolarorderconnect.com
Websites
Pendulum for Bipolar Disorder
www.pendulum.org
Schizophrenia Resources
www.schizophrenia.com
Hearing Voices Network USA
www.hearingvoicesusa.org
International Bipolar Foundation
www.internationalbipolarfoundation.org
Brain & Behavior Research Foundation
www.bbrfoundation.org

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.dbsalliance.org
Postpartum Support International
www.postpartum.net
Websites
iFred International Foundation for Research and Education on Depression
www.ifred.org
Anxiety & Depression Association of America · www.adaa.org
Mental Health America Online Depression Screening
www.depression-screening.org
Screening for Mental Health
www.mentalhealthscreening.org

Self-Injury

Signs of **self-injury** include: unexplained wounds or scars, blood stains, frequent "accidents", physically covering up injuries, isolation, or irritability.

RESOURCES:

- Support Groups**
Self-Injury Outreach & Support
www.sioutreach.org
American Self-Help Group Clearing House
www.mentalhelp.net/selfhelp
Support Groups
www.supportgroups.com
Websites
S.A.F.E. (Self-Abuse Finally Ends)
www.selfinjury.com
1-800-DONT-CUT (366-8288)
National Institute of Mental Health
www.nimh.nih.gov
National Institute on Mental Illness
www.nami.org



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 Brotman Hall 226.

On Campus Resources

- Counseling and Psychological Services (CAPS)**
www.csulb.edu/caps · 562-985-4001
Online Self-Assessment
www.csulb.edu/divisions/students/caps/programs_workshops/online_assessment.htm
Student Health Services (SHS)
www.csulb.edu/shs · 562-985-4771
Student Health Resource Center
www.csulb.edu/hrc · 562-985-4609
Disabled Student Services (DSS)
www.csulb.edu/dss · 562-985-5401
Veterans Affairs Services
www.csulb.edu/veterans · 562-985-5115
Women's Resource Center
www.csulb.edu/wrc · 562-985-8576
LGBT Resource Center
www.csulb.edu/lgbt · 562-985-4585
Financial Advising, Counseling and Educational Services
www.csulb.edu/faces · 877-716-2227
Academic Advising Office
www.csulb.edu/ucua · 562-985-4837

Off Campus Resources

- Health and Human Services Hotline** · 2-1-1
LA County Dept of Mental Health Hotline
 1-800-854-7771
LA County Domestic Violence Hotline
 1-800-978-3600
YWCA Sexual Assault Crisis Hotline
 1-877-Y-Helps-U (943-5778)
California Youth Crisis Hotline
 1-800-843-5200
National Domestic Violence
 1-800-799-SAFE (7233)
 1-800-787-3224 (TTY)
National Child Abuse Hotline
 1-800-4-A-CHILD (422-2253)
Vet2Vet Crisis Hotline
 1-877-VET2VET (838-2838)
National Veteran Crisis Hotline
 1-800-273-8255, press 1
Emergency Food and Shelter Hotline
 1-800-339-6993
Rape, Abuse & Incest National Network (RAINN) · www.rainn.org
Parents, Families, and Friends of Lesbians and Gays (PFLAG) · www.pflag.org
Active Minds: www.activeminds.org

Suicide Prevention

Warning signs of **suicide** include: talking about death and dying, feeling hopeless, increased substance use, mood swings, rage, behaving recklessly.

RESOURCES:

- 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 (4673)
www.hopeline.com
The Trevor Lifeline
 Toll Free - 24 hours a day
 1-866-488-7386
www.thetrevorproject.org
ImAlive - An Online Crisis Chat
www.imalive.org
The JED Foundation
www.jedfoundation.org
ULifeline: www.ulifeline.org
Love is Louder: www.loveislouder.com
American Association of Suicidology
www.suicidology.org

Anxiety

Signs of **anxiety** include: feeling overwhelmed, worrying a lot, sleep problems, irritability, physical discomfort, and nervousness.

RESOURCES:

- Support Groups**
American Self Help Group Clearinghouse
www.mentalhelp.net/selfhelp
National Alliance on Mental Illness
www.nami.org
Websites
E-Couch: www.ecouch.anu.edu/au
Anxiety Panic Attack Resource Site
www.anxietypanic.com
Anxiety & Depression Association of America: www.adaa.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

Eating Disorders

Some signs of **eating disorders** include: food restrictions, obsession with food & calories, intense 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
Websites
Academy of Nutrition and Dietetics
www.eatright.org
Eating Disorder Center of California
www.edcca.com
Something Fishy on Eating Disorders
www.something-fishy.org
National Eating Disorders Association
www.nationaleatingdisorders.org
National Association of Anorexia Nervosa and Associated Disorders
www.anad.org
Eating Disorder Foundation of Orange County www.edfoc.org

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:

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Address: 1250 Bellflower Blvd, BH-226 Long Beach, CA 90840
Phone: 562.985.4001
Website: www.csulb.edu/ocean
Facebook: www.facebook.com/CSULBProjectOCEAN
CSULB Student Health 101 magazine: <http://readsh101.com/csulb.html>