

## Where To Go For Help

Once the decision to seek professional help has been made, the following are places you can go.

- Your personal or primary care doctor (to rule out any physical illness first)
- Your confidential Employee Assistance Program (EAP)
- Your Student Counseling Center. (Most colleges provide free counseling services for their students. Some limit the number of sessions. After that number is reached, students may still need to locate a private therapist for continued treatment.)
- Family members, friends, or co-workers
- Your religious advisor (i.e., priest, rabbi, minister)
- Your County Mental Health Department (search for this online or in the white pages section under Government Offices). Contacting them is especially important if you have no health insurance.



*A primary care doctor will rule out physical illness.*

- Professional organizations, such as your state's psychiatric, psychological counseling, or social work associations
- Community mental health centers and/or hospitals. Ask for their departments of psychiatry, psychology, social work, or their crisis center.
- Community agencies, such as Catholic Social Services, Jewish Vocational Services, Family Services Agency, etc.
- Crisis Intervention Centers – especially if you need help immediately. Check online for local listings under “Crisis,” “Suicide Prevention,” “Drug Abuse,” “Rape,” “Domestic Violence,” or “Hospitals.”

- Self-help groups and local campus or national organizations for specific disorders. Examples include:  
Alcoholics Anonymous



*Self-help groups are a way to seek help.*

Anonymous (AA), Agoraphobics in Motion (AIM), National Association of Anorexia Nervosa and Associated Disorders (ANAD), Narcotics Anonymous (NA), Overeaters Anonymous (OA), Gamblers Anonymous (GA). See at [www.HealthyLearn.com](http://www.HealthyLearn.com) for listings of “National Resources.”