

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 (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 for listings of "National Resources."



Self-help groups are a way to seek help.