



## MENTAL HEALTH RESOURCES

Trenholm State Community College supports the mental and emotional needs of our students by providing them with resources, services and support needed to thrive as they navigate college. Our aim is to provide students with local and national resources available to them to utilize when needed. Below is a list of resources for our students.

RESOURCE	SERVICES PROVIDED	CONTACT and LINK
<b>Free Mental Health</b>	Psychological Counseling Services, Clinics, Short- & long-term treatment, 24 crisis hotline, Alcohol & substance abuse treatment	<a href="https://www.freementalhealth.us/city/al-montgomery">https://www.freementalhealth.us/city/al-montgomery</a>
<b>Alabama Department of Mental Health (Carastar Health)</b>	Provides advocacy, support, peer programs and resources for individuals with various mental health illnesses & substance abuse	<a href="https://mh.alabama.gov/search-result/?directory_type=general&amp;q=&amp;in_cat=&amp;in_loc=9&amp;minimum=0&amp;miles=0">https://mh.alabama.gov/search-result/?directory_type=general&amp;q=&amp;in_cat=&amp;in_loc=9&amp;minimum=0&amp;miles=0</a>
<b>Suicide and Crisis Lifeline</b>	Counseling, Crisis Prevention, Emotional support	<a href="https://988lifeline.org/talk-to-someone-now/">https://988lifeline.org/talk-to-someone-now/</a> <b>CALL 988</b>
<b>Connect Alabama app</b>	free application that provides information and services related to behavioral health. Licensed providers specialize in treating substance abuse, addiction, mental health, and prevention.	<a href="https://www.alabamapublichealth.gov/pharmacy/assets/connectalabama_handout.pdf">https://www.alabamapublichealth.gov/pharmacy/assets/connectalabama_handout.pdf</a>  <a href="https://vitalalabama.com/connect-alabama/">https://vitalalabama.com/connect-alabama/</a>
<b>Family of Guidance of Alabama</b>	Individual Counseling services, parenting services, family services, EAP programs, etc	<a href="https://familyguidancecenter.org/services/">https://familyguidancecenter.org/services/</a>
<b>The Mental Health Coalition "The College Mental Health Toolkit"</b>	Tips to maintain and manage your mental health and wellness, statistics for college students, toolkit with resources	<a href="https://www.thementalhealthcoalition.org/">https://www.thementalhealthcoalition.org/</a> <a href="https://www.thementalhealthcoalition.org/college-mental-health-toolkit/">https://www.thementalhealthcoalition.org/college-mental-health-toolkit/</a>
<b>Nami of Montgomery National Alliance on Mental Illness</b>	free education, skills training, and support.	<a href="https://namimontgomery.org/support-and-education/">https://namimontgomery.org/support-and-education/</a>