



## JED Mental Health Signature Programs & Resources for Students

[depression resource](#) and the ways to help [manage symptoms](#). The JED main website also has a [Mental Health Resource Center](#) which includes some steps to identify warning signs and how/when to seek help



[setogo.org](https://setogo.org) - helps teens to transition out of high school; learn practical and powerful skills, develop social and emotional skills and understand mental health and substance abuse - [SOCIAL AND EMOTIONAL WELL-BEING](#); [STAYING HEALTHY AT COLLEGE](#); [THE VALUE OF COLLEGE](#); [THE TRANSITION TO COLLEGE](#)



Encourages teens and young adults to “seize the awkward” by reaching out to a friend who may be struggling with mental health problems.

<https://seizetheawkward.org/#what-is-seize-the-awkward>



[Love is Louder Action Center](#) is designed to share tips, tools and ideas for actions that can help us take care of our emotional health and take care of each other. Being proactive about our mental health is especially important with all the fear and uncertainty we are facing as individuals and communities.

**ULifeline**: [www.ulifeline.org](http://www.ulifeline.org)

A mental health resource center that offers college students information about emotional health issues and the resources available on their campus. It also offers a confidential mental health self-screening tool.



**halfofus**: Aims to initiate a public dialogue to raise awareness about the prevalence of mental health issues and connect students to the appropriate resources and help. [www.halfofus.com](http://www.halfofus.com)

**#CHATSAFE: A YOUNG PERSON'S GUIDE FOR COMMUNICATING SAFELY ONLINE ABOUT SUICIDE** - <https://www.orygen.org.au>