

ONLINE RESOURCES

www.bddfoundation.org: People with Body Dysmorphic Disorder have a damaging preoccupation with their appearance and an obsessive focus on their physical flaws. BDD Foundation's website contains resources for better understanding the problem, seeking treatment, and spreading the word about the disorder.

<http://changingourcampus.org/>: Changing our Campus Culture - The Center for Changing Our Campus Culture (The Center) is an online resource to address sexual assault, domestic violence, dating violence and stalking. The Center is supported by the [Department of Justice's Office on Violence Against Women](#) in collaboration with its designated Campus Program Technical Assistance Provider Team.

www.complicatedgrief.columbia.edu: Hosted by the Center for Complicated Grief, this long list of resources gives people alternative outlets, social support groups, and organizations to connect with when healing from the loss of a loved one.

www.glbthotline.org: This site includes information on support, education, and community organizing. One of the center's best resources is its online volunteer-run, confidential chatroom (no transcripts or recordings are saved).

www.HalfofUs.com: Offers self-help tools and articles. Topics such as anxiety, depression, and substance abuse are covered.

www.icasa.org: Illinois Coalition Against Sexual Assault.

www.illinoisattorneygeneral.gov/victims/: Illinois Attorney General Crime Victim's assistance.

www.imalive.org: Staffed by a network of trained and supervised peer volunteers around the country, IM Alive's goal is to empower individuals in despair, address their situation, and help them navigate the darkest and most difficult emotional times.

www.iocdf.org: An invaluable space for those struggling with obsessive compulsive disorder, this site has many links, resources, and opportunities for volunteering. You can find help, learn more about the illness, and even apply for grants on this site.

<https://www.itsonus.org/>: It's On Us - Take the pledge to stop sexual assault.

<https://www.justice.gov/archives/ovw/protecting-students-sexual-assault>: Government Resource on Campus Sexual Assault

www.lgbtcenters.org: CenterLink's helpful services are now available online. This website offers links to health centers across the U.S. and links to advocacy groups and educational services. ()

www.MentalHealth.gov: The main goal of this government-sponsored resource is to educate people on mental illness in America, while also offering resources to those seeking help. This is a go-to site for descriptions of what how each mental health disorder manifests through symptoms. It also includes information on how to get help, support someone you love, or start a dialog about mental health in your community.

www.My-borderline-personality-disorder.com: For anyone with borderline personality disorder, this peer run chat is an online space to ask questions about BPD and its treatment. It's also a place to share experiences, discuss progress and challenges, and potentially make some new friends who are also healing from borderline personality disorder.

www.nami.org: From education about mental illness to updates on insurance coverage, NAMI offers a slew of resources. There are also personal testimonies from people can shed light on what it is like to live with a mental illness.

<https://www.nsvrc.org/>: The National Coalition of Anti-Violence Programs seeks to address the pervasive problem of violence committed against and within the nation's lesbian, gay, bisexual, transgender and HIV-positive communities. NCAVP is a coalition of programs, located across the country, that documents and advocates for victims of anti-LGBT and anti-HIV/AIDS violence and harassment, domestic violence, rape and sexual assault, police misconduct and other forms of victimization. NCAVP publishes two national reports on violence annually.

www.Nationaleatingdisorders.org: A pioneer in the education and treatment for eating disorders, NEDA extends a wide range of support services, learning tools, and opportunities to advocate on behalf of those with an eating disorder.

www.nimh.nih.gov: One of the most comprehensive and trusted sources for information about mental illness, the National Institute of Mental Health's site is packed with educational tools designed to promote awareness and provide funding for research. It serves as a hub on a variety of topics: the latest news on a range of disorders, updates on new treatments, and reports on insurance coverage.

www.ok2talk.org: Designed for teens and young adults with mental illness, this site offers an online outlet for people to come forward with their own stories, find support, and discuss the diagnoses they may have received.

www.pandys.org: Pandora's Project is a 501(c)(3) nonprofit organization dedicated to providing information, support, and resources to survivors of rape and sexual abuse and their friends and family.

www.samhsa.org: This government-sponsored resource is full of data, research insights, grants, and educational tools about substance dependencies and mood or behavioral issues. SAMHSA also offers many resources for people suffering from these issues.

www.trevorspace.org: Are you a young person seeking support for an identity that falls along the LGBTQ spectrum? This site is an excellent safe haven to connect to other young gay, lesbian, bisexual, transgender, or queer people.

www.Ulifeline.org: Offers an online resource for college mental health that contains a mental health library, drug database, and self-evaluation screening tool.

www.victimsofcrim.org: This resource enables victims of all types of crimes (think: bullying, physical abuse, stalking, and even terrorism) to secure the specific type of help they need. Individuals in need can plug in their desired assistance, from case advocacy to counseling, along with their state and county for immediate, local help.