WHO ARE WE?

Active Minds is a mental health advocacy group dedicated to changing the conversation about mental health and de-stigmatizing mental illness throughout El Camino College and the greater Los Angeles community. Active Minds is also a national organization, with thousands of chapters across the nation.

​ Active Mind will focus on providing information on mental health resources, spreading awareness regarding mental health, and advocating for events geared towards mental health on campus.

By changing the conversation about mental health we can create a better system for supporting those who need the help, and allow for everyone to understand that we all have mental health, and should take care of it accordingly.

**APPLY & JOIN THE CONVERSATION TODAY!**

## 2022-2023 Executive Board

RESOURCES

## ON CAMPUS RESOURCES - STUDENTS

## ****HOTLINES****

**Crisis Text Line**

* A free text line for those in crisis or in need of support. All texters will be connected to a volunteer trained to support people in crisis.
* ​Text HELLO to 741741

**Los Angeles County Department of Mental Health**

* Call 805-854-7771
* Provides referrals, crisis counseling, information on resources, and emotional support.

**National Alliance on Mental Illness (NAMI) Helpline**

* 1-800-950-NAMI
* The NAMI HelpLine is a free, nationwide peer-support service providing information, resource referrals and support to people living with mental health conditions, their family members and caregivers, mental health providers and the public.

**National Domestic Violence Hotline**

* Call 1-800-799-SAFE (7233)
* Offers help for domestic assault survivors over the phone, and has information on how to recognize and prevent domestic abuse. Connect with a trained staff member from a sexual assault service provider in your area that offers access to a range of free services.

**National Sexual Assault Hotline- RAINN (Rape, Abuse, and Incest National Network)**

* 1-(800) 656-4673
* The National Sexual Assault Hotline helps caller access confidential services including confidential support from a trained staff member, support finding a local health facility that is trained to care for survivors of sexual assault and offers services like sexual assault forensic exams, someone to help you talk through what happened, local resources that can assist with your next steps toward healing and recovery, referrals for long term support in your area, information about the laws in your community, basic information about medical concerns.

**National Suicide Prevention Lifeline**

* Call 1-800-273-8255
* The Lifeline provides free and confidential support for people in distress, prevention and crisis resources for you or your loved ones. You will be connected to a crisis center in the Lifeline network closest to your location. A crisis worker will work to with you ensure that you feel safe and help identify options and information about mental health services in your area.

**Trevor Lifeline**

* (800) 788-7386
* Text START to 678-678
* Chat at: <https://www.thetrevorproject.org/get-helpnow/>
* A free hotline tailored towards young LGBTQ+ individuals who are in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk

**Trans Lifeline**

* Call 1-877-565-8860
* Trans Lifeline is a trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive.