

# College Toolkit

*Resources and information pertaining to mental health and alcohol and other drug abuse and suicide prevention for college age students ages 18-25.*

## ➤ Introduction Letter

- [Welcome from “You’ve Got A Friend Ohio”](#)

## ➤ Alcohol and Other Drugs

- [Alcohol Alert – Young Adult Drinking](#)
- [Alcohol and Drug Addiction happens in the best of families](#)
- [Dual Diagnosis and Integrated Treatment of Mental Illness and Substance Abuse Disorder](#)
- [Inhalants- Advisory](#)
- [Methadone](#)
- [Facts about Alcohol Poisoning](#)
- [It Feels so Bad – Publication](#)
- [QxyContin-Advisory](#)

## **Alcohol, Drugs and College**

- [College Drinking Prevention Curriculum For Health Care Providers](#)
- [Reducing Alcohol Problems on Campus – A Guide to Planning and Evaluation](#)
- [What Colleges Needs to know – An Update on College Drinking](#)
- [Magnitude of Alcohol College Students Ages 18-24](#)
- [What College Presidents Need to Know About College Drinking](#)
- [What Peer Educators and Resident Advisors \(RAs\) Need to Know About College Drinking.](#)

## **Informing Parents**

- [A Time for Parents to Discuss the Risks of College Drinking](#)
- [What Parents Need To Know About College Drinking](#)

## ➤ Domestic Violence & Dating Violence

- [Preventing Violence Against Women](#)
- [Sexual Violence Fact Sheet](#)
- [Sexual Violence](#)
- [Understanding Sexual Violence Fact Sheet](#)

## ➤ Suicide Education Awareness, and Prevention

- [African Americans Suicide 2006](#)
- [Facts About Depression and Suicide](#)
- [If you Are Considering Suicide Fact Sheet](#)
- [Suicide In the US- Statistics and Prevention](#)
- [Suicide Facts For Primary Care Providers](#)
- [Suicide Factsheet 2008](#)
- [After a Suicide Attempt – Brochure](#)
- [Facts on Youth and Suicide Fact Sheet](#)
- [Promoting Mental Health and Preventing Suicide in College and University Settings](#)
- [Suicide Survivor Groups in Ohio](#)
- [Suicide Facts-What Military Families Should Know](#)

### Asian Americans

- [Asian American students – Suicide prevention](#)

## ➤ Medications

- [Mental Health Medications](#)

## ➤ Trauma

- [How to Deal with Grief](#)
- [Tips for Survivors of a Traumatic Event – What to Expect](#)
- [Reducing the Impact of Childhood Trauma](#)
- [Tips: Survivors Managing Your Stress](#)

## ➤ Depression

- [Depression Booklet](#)
- [Facts about Depression and Suicide Booklet](#)
- [Women's Depression Brochure](#)
- [Depression: What Every Woman Should Know Booklet](#)
- [Major Depression Information Sheet](#)

## ➤ **Gay, Lesbian, Bisexual, Transgender, Questioning (GLBTQ)**

- [Bringing the Message Home Guide 2009](#)

## ➤ **Latino Community**

- [Latino Community Mental Health Fact Sheet](#)

### **Prevension de Suicidio**

- [1800 Spanish](#)
- [Entendien doy Ayudando](#)
- [Hechos Sobre Suicidio y Depression](#)
- [Latino Students – Suicide Prevention](#)
- [Mas Allas de Sobrevivir](#)
- [Si Esta Pensando En Suicidarse](#)
- [Signosde Advertencia](#)
- [Supervivientes](#)

## ➤ **Mental Illnesses**

- [ADHD](#)
- [Anorexiz Nervisa Information](#)
- [Anxiety](#)
- [Attention Deficit Hyperactivity Disorder](#)
- [Bipolar Disorder](#)
- [Bipolar Disorder Disorder](#)
- [Borderline Personality Disorder](#)
- [Eating Disorder](#)
- [General Anxiety Disorders Booklet](#)
- [Obsessive Compulsive Disorder \(OCD\) Information Sheet](#)
- [OCD Booklet](#)
- [Panic Disorder Booklet](#)
- [Panic Disorder Information Sheet](#)
- [Post Traumatic Stress Disorder Brochure](#)
- [Post Traumatic Stress Disorder Fact Sheet](#)
- [Real Men Real Depression Booklet](#)
- [Schizophrenia Booklet](#)
- [Schizophrenia Information Sheet](#)
- [Social Phobia Booklet](#)

## Stigma Education and Awareness

- [Anti Stigma Fact Sheet](#)
- [Developing A Stigma Reduction Initiative](#)
- [Mental Health Part of College Life](#)
- [What A Difference a Friend Makes Fact Sheet](#)

### ➤ Resources

- [Campus Mental Health Resource Guide](#)

### ➤ Acknowledgments

- [Acknowledgments](#)