

Mental Health Resource Guide for College Students

College Resources

- Most colleges offer mental health and counseling services.
- Example of services offered: 1-on-1 counseling, group therapy options (support groups and skill-building groups), and well-being workshops for stress management and self-care.
- Students are encouraged to visit their college mental health portal to learn about the mental health services available to them.

Jamati Resources

[akhb.theismailiusa.org/
mental-health-fitness](http://akhb.theismailiusa.org/mental-health-fitness)

access

- By calling ACCESS or submitting a service request form and asking to speak with an SSN professional, you can receive crisis management, culturally sensitive support, case management, mental health consultation, and help in locating mental health resources. SSN prioritizes confidentiality, and cannot discuss your information with your family unless you request or approve it. When you first call, an intake volunteer will ask for your name, contact information, and reason for calling. An SSN professional will then call you within 24-48 hours (or immediately if in crisis).

How to Identify Culturally Informed Mental Health Professionals?

- Use Psychology Today's Therapist Finder (psychologytoday.com) and filter search by 'ethnicity served'.
- Search a directory of South Asian Therapists at southasiantherapists.org

Crisis Hotlines

Your College

Most colleges have college crisis hotlines that are catered to college students

Social Safety Net (SSN) - 24/7 Crisis Support for Jamati Members

Call ACCESS

988 Suicide & Crisis Lifeline

988 (call/text)

Crisis Text Line

Text TALK to 741741



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akhb.theismailiusa.org

How to Find a Provider in Your Network

- Go to your provider's website to find therapists that take your insurance.
- Go to Psychology Today (psychologytoday.com), SonderMind (sondermind.com), or Headway's (headway.co) therapist finder and filter by your medical insurance provider.
- Go to ZocDoc (zocdoc.com) to find a mental health professional in your network and book an appointment.

What if You Do Not Have Insurance?

- Therapy out of pocket is typically between \$60-\$150 per session. Some therapists and clinics offer sliding scales to match what you can afford.
- Open Path (openpathcollective.org) provides therapy between \$30-\$60, targeting middle and lower-income clients.
- Bliss (cimhs.com) provides a free 8-session interactive therapy program that teaches you techniques to improve your mood using evidence based approaches.
- College Counseling Centers usually have information on affordable therapy options in the community.

