

**More Coping and Caring:  
Some Common Mental Health Scenarios and What To Do If You Find Yourself in One**

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**(MORE) RESOURCES:**

- [Yale U's free course on Wellbeing](#)
- [National Alliance on Mental Illness and NAMI On Campus](#)
- [CSU Professional Development Events & Archive](#)
- Veterans Crisis Line by sending a text message to 838255, or by clicking here to [chat with a VA responder online](#).
- [National Sexual Violence 24 Hour Crisis Line](#): (800) 656-4673 or chat line
- National Domestic Violence Hotline (available in English and Spanish): (800) 799-7233 or go to [the Hotline](#)
- [“Promoting Student Mental Health in Difficult Days,”](#) John MacPhee, May 29, 2020
- [“Mental Health Challenges Require Urgent Response,”](#) Ted Mitchell and Suzanne Ortega, October 29, 2019
- [YOU at College](#). YOU brings together campus resources, original content, tools and assessments created and vetted by behavioral health experts.  
See an example of how this is implemented at CSU Channel Islands
- Video: [“The View From Here: Depression on College Campuses.”](#)