

## **ULifeline**

**ULifeline ([www.ULifeline.org](http://www.ULifeline.org))** is an anonymous, confidential, online resource center, where college students can search for information regarding mental health, suicide prevention, and emotional well being. Students and faculty/staff can learn more about mental health, take a mental health screening, ask questions, find answers, and seek help for themselves or for someone else.

### **Available options on Campbell's ULifeline page ([www.ulifeline.org/schools/campbell](http://www.ulifeline.org/schools/campbell)):**

- **Self e-Valuator**: This is a confidential, online mental health assessment developed for **ULifeline** by Duke University Medical Center. Students can complete a self-assessment to learn telling insights about their current state of mind or can complete the assessment for a friend about whom they are concerned. University personnel (staff, faculty, coaches) can use the assessment for assistance with a student about whom they are concerned.
- **Campus Services**: Students can learn about services offered at Campbell University to aid them in leading successful college careers. The local directory provides contact information about off-campus providers for both mental health and substance abuse services.
- **Student Central**: Students can learn about Campbell's emergency contact information, and read about confidentiality as it relates to counseling; students can ask straightforward questions and get assistance with emotional health concerns and education about alcohol/drugs.
- **Polls and Stories**: Students can learn about the beliefs, concerns, and experiences of their peers.
- **Factsheets**: Factsheets are documents that give brief summaries and suggestions of ways to cope effectively with different struggles/situations that college students commonly face.
- **Suicide Prevention**: Students can learn about suicide risk and protective factors; depression; myths about suicide; warning signs; and how to help a friend who may be suicidal.
- **Get the Facts**: Students can learn about myths and facts of suicide, stress, eating disorders, depression, bipolar disorder, anxiety, and alcohol/drugs.
- **Resources and Links**: Students can be informed of additional mental health information and links to related websites.