

Self Help

Residential Life has compiled a list of websites that can be used as resources. We hope that you find this page useful and as always please contact security (x7777) or our office (x3900) with any emergency situation.

FIT Free Services

Counseling Center: <http://www.fitnyc.edu/3276.asp>

Health Services: <http://www.fitnyc.edu/3274.asp>

FIT-Able: <http://www.fitnyc.edu/3143.asp>

MyStudentBody: www.mystudentbody.com

Alcohol

http://www.drugfree.org/Portal/drug_guide/Alcohol

<http://www.aa.org/>

<http://www.alcoholscreening.org/?gclid=ClelrMLG8JkCFdhL5QodU0k1Rw>

<http://www.goaskalice.columbia.edu/1691.html>

MyStudentBody: Alcohol

www.mystudentbody.com

Anger Management

<http://www.apa.org/topics/anger/control.aspx>

<http://www.mayoclinic.com/health/anger-management/MY00689>

Body Image/Eating Disorders

<http://www.4woman.gov/bodyImage/>

<http://www.loveyourbody.org/>

<http://www.something-fishy.org/>

Eating Disorders—male specific

<http://www.nationaleatingdisorders.org/nedaDir/files/documents/handouts/MalePrev.pdf>

<http://www.something-fishy.org/cultural/issuesformen.php>

MyStudentBody: Nutrition

www.mystudentbody.com

Communication

<http://ezinearticles.com/?5-Tips-for-More-Effective-Communication&id=530748>

<http://stress.about.com/od/relationships/ht/howtoassert.htm>

http://www.ehow.com/how_2028403_relate-others-assertively.html

Dating Violence/Sexual Assault

www.rainn.org

<http://www.loveisnotabuse.com/>

<http://www.advocatesforyouth.org/youth/health/relationships/healthy.htm>

<http://www.ndvh.org/>

Drugs

<http://www.factsaboutdrugs.com/>

<http://www.freevibe.com/>

<http://www.drugfree.org/Intervention/>

MyStudentBody: Drugs

www.mystudentbody.com

Health Care

<http://www.webmd.com/>

<http://www.shoutouthealth.com/>

<http://www.goaskalice.columbia.edu/>

Healthy Eating

<http://www.youngwomenshealth.org/college101.html>

http://campushealth.unc.edu/index.php?option=com_content&task=view&id=277&Itemid=78

http://kidshealth.org/teen/school_jobs/college/dining_hall.html#

MyStudentBody: Nutrition

www.mystudentbody.com

Helping a Friend

<http://www.mentalhealth.umn.edu/friend/index.html>

A friend who is depressed

<http://www.utdallas.edu/counseling/selfhelp/suicide.html>

A friend who is cutting

http://kidshealth.org/teen/your_mind/friends/friend_cuts.html

A friend who needs encouragement

http://www.howtoencourage.com/article_list.php

Internet Safety

General Safety Information

<http://www.wiredsafety.org/>

<http://www.atg.wa.gov/InternetSafety/Adults.aspx>

http://safety.lovetoknow.com/Internet_Safety_Adult

Online Dating Safety

<http://www.onlinedatingmagazine.com/features/onlinedatingsafetytips.html>

Men's Health

<http://www.menshealthnetwork.org/>

<http://men.webmd.com/>

<http://mayoclinic.com/health/mens-health/MY00394>

Mental Health/Depression/Anxiety

<http://www.mentalhelp.net/>

<http://www.nimh.nih.gov/health/topics/>

<http://www.webmd.com/depression/>

MyStudentBody: Stress

www.mystudentbody.com

Safe Sex/STIs

<http://www.plannedparenthood.org/>

<http://www.positive.org/JustSayYes/safesex.html>

<http://www.smartersex.org/>

Sexuality and Relationships

<http://www.goaskalice.columbia.edu/Cat7.html>

<http://www.goaskalice.columbia.edu/Cat8.html>

GLBT

<http://www.hrc.org/issues/index.htm>

<http://www.glnh.org/index2.html>

Sleep

http://www.helpguide.org/life/sleep_tips.htm

<http://www.counsel.wsu.edu/SleepTips>

<http://www.collegeview.com/articles/CV/campuslife/college-sleep-habits.html>

Smoking

<http://www.smokefree.gov/>

<http://www.stop-smoking-tips.com/>

http://www.cancer.org/docroot/PED/content/PED_10_13X_Guide_for_Quitting_Smoking.asp

Stress Reduction

<http://www.webmd.com/balance/stress-management/stress-management-relieving-stress>

http://www.helpguide.org/mental/stress_management_relief_coping.htm

http://kidshealth.org/teen/your_mind/emotions/stress.html#

[http://stress.about.com/od/tensiontamers/Tension Tamers How To Feel Better Right Now.htm](http://stress.about.com/od/tensiontamers/Tension_Tamers_How_To_Feel_Better_Right_Now.htm)

MyStudentBody: Stress

www.mystudentbody.com

Suicide

<http://www.save.org/>

<http://www.suicidepreventionlifeline.org/>

<http://www.afsp.org/>

Women's Health

<http://www.plannedparenthood.org/>

<http://women.webmd.com/>