HalfOfUs (www.HalfOfUs.com) is an anonymous, confidential, online resource center, sponsored by MTV where students can obtain information about mental health and emotional wellbeing. Students can take an anonymous mental health screening tool, find information about how to help themselves or a friend, and can visit resources linked to music videos, public service announcements, and stories about the struggles of well-known celebrities.

HalfOfUs offers the following:

- **Real Life Stories of Celebrities:** Half of Us features videos of celebrities who openly talk about their struggles with various mental health issues. Students can learn about the experiences and beliefs of their peers and various celebrities who have faced the struggles associated with depression, bipolar disorder, eating disorders, etc.

- **Resources and Links:** Students can find links to related websites and resources that are available to them for additional help and support.

- **Feel Better:** Students can learn about tips about ways to help them feel better and gain more control over their emotional health.

- **Deal With:** Students can learn more information about specific mental health conditions and situations that they may struggle with. Students can also see related resources and visit links that provide additional support. Students can also learn about celebrities and peers who struggle with similar issues through the video clips provided.

- **Find Help Now:** Students can find information on how to access support resources at their University, while also having access to 24/7 crisis lines and related websites that can provide support.

- **Help A Friend:** Students can learn about the signs that can help them recognize when a friend may need help dealing with an emotional issue or mental health problem. Students can also obtain information about ways to provide the needed support to their friends.

- **Check Yourself:** Students can take a confidential, online mental health assessment developed by Duke University and sponsored by ULifeline (www.ULifeline.org). Students can complete an online self-assessment that will give them insights about their current state of mind, or they can complete the assessment for a friend they may be concerned about.

- **Get Involved:** Students can learn about ways to get involved in spreading awareness and fighting the stigma associated with mental health issues.