**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.