If you or a loved one are experiencing a mental health issue, these resources may be of assistance to you.

Baylor University Employee Assistance Program

National Alliance on Mental Illness

Anxiety and Depression Association of America

Suicide Prevention Lifeline 1.800.273.TALK (8255)

American Foundation for Suicide Prevention

National Association of Anorexia Nervosa and Associated Disorders

National Institute for Drug Abuse

Alcoholics Anonymous

Narcotics Anonymous

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Human Resources

Wellbeing