

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](#)