



ANCHORED *through* ADVERSITY

MENTAL HEALTH PROGRAMS & SERVICES



Delta Gamma
1873

Updated December 2025



Preface

Executive Offices is proud to introduce **Anchored Through Adversity**, the Fraternity's first-ever suite of mental health programs and services for collegians, alumnae, advisers and Friends of the Anchor.

Delta Gamma continues to build a strong foundation of fostering high ideals of friendship, promoting educational and cultural interests, creating a true sense of social responsibility and developing the best qualities of character. A Culture of Care reinforces the directive of our Founders, fosters a healthy member experience and roots every decision in the Fraternity's mission and values and holistic well-being.

Delta Gamma strives to promote an environment where mental health and well-being is a priority in the member experience. It is necessary for collegians and alumnae to be equipped with the knowledge and skills necessary to promote the health and well-being of all members and approach conversations of expressing concern with care and sisterhood.

We want to especially thank the Delta Gamma Foundation and our incredibly generous donors for funding many of these efforts.

We hope you utilize this as a resource to be well and **do good**.



Table of Contents

Educational Programming 1-2

[The Pursuit: Online Learning Platform](#)

 [You Can Support Your Sister](#)

Mental Health Services & Training 3-4

 [CredibleMind](#)

 [Mental Health First Aid Certification](#)

[QPR Gatekeeper Training Certification](#)

Comprehensive Resources 5-9

[Crisis Call/Text Resources](#)

[General Resources](#)

[LGBTQIA+ Resources](#)

[Professional Care Resources](#)

[Social Media Resources](#)

Educational Programming



ASYNCHRONOUS PROGRAMS

The following programs are accessible in The Pursuit, Delta Gammas eLearning platform. All collegians and alumnae can access the platform with their member login credentials.

Login to [The Pursuit Here](#)

Creating a Culture of Care: New Member Prevention Program *new members*

Creating a Culture of Care (CCC) is an interactive prevention education program that empowers members to make safer, healthier and more compassionate choices. The program covers various health & well-being educational topics such as alcohol and substance misuse prevention, belonging, equity, inclusion and diversity (BEID), hazing prevention, mental health and well-being and sexual misconduct prevention and survivor support.

Mental Health Education *collegians, alumnae, Friends of the Anchor*

Mental Health Education is available for all members of Delta Gamma and our Friends of the Anchor volunteers. These courses are divided into three categories:

1. Foundations

These courses cover the basics to increase the participants' competence and awareness of mental health challenges and conversation techniques to enhance the well-being of themselves and others.

2. Skill Building

These courses will cover a diverse array of topics that promote the development of skills related to your overall mental health and well-being. Participants have the ability to participate in content that aligns with their interests and engage with topics such as how to support your sisters, managing relationships and anxiety, personal leadership, hustle culture and more.

3. Alumnae Advisers

These courses cover specific topics that are beneficial for alumnae advisers to increase their advising competency. Alumnae advisers will have the opportunity to engage in content that will aid them in supporting students through sensitive conversations such as sexual misconduct survivor support, suicide prevention, bystander intervention and hazing prevention.



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Content Warning: Many programs listed below discuss some challenging concepts and conversations surrounding mental health and well-being

Educational Programming

SYNCHRONOUS PROGRAMS

(In-Person or Virtual)

You Can Support Your Sister (YCSYS)

collegians

This program focuses on how members can support one another's mental health and well-being. Research shows that building resiliency and life skills, promoting social connectedness and encouraging help seeking and help-giving behaviors in teens and young adults, support their overall well-being. This program assists with identifying and supporting those who may be struggling with mental health challenges, providing appropriate interventions, and professional help referral strategies. This program is proven to promote a Culture of Care, reduce risk, student intervention competencies and member inclusion and retention.

This program is being delivered as a part of the Act with Intention: Health & Well-Being Series from Fall 2022 through Spring 2026.



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Mental Health Services & Training



all stakeholders in the Delta Gamma member experience

Created by the Jed Foundation, and powered by CredibleMind, this platform is a well-being and self-assessment hub and professional-vetted resource connection tool for members to take charge of their mental health and well-being with content that is adaptable to your learning style. This tool can assist the Honor Board and aid in creating a Culture of Care and accountability while promoting healthy help-seeking and help-giving behaviors. This service is approachable, easily accessible, credible and confidential – make an account for free!

Access the Platform & Create a Free Account [here](#).

CREDIBLEMIND RESOURCES:

Topics

CredibleMind has extensive resources related to mental health. Educational content and resources on topics such as anxiety, stress, burnout, body image and dozens of additional topics are available in the form of articles, podcasts, FAQs, videos, blogs, discussions and more!

Assessments

CredibleMind provides free well-being assessments for users to better understand their relationship to their mental health. Creating an account and completing these assessments will help direct you to topics that are the most applicable and beneficial to your overall well-being

Learning Lab

Video learning series, virtual courses and information on best practices are available to CredibleMind users. These structured, in-depth learning paths are designed to build your knowledge and skills on key mental health and well-being topics.



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Mental Health Services & Training

Mental Health First Aid Certification_

alumnae advisers, regional teams

Mental Health First Aid (MHFA) is a blended course that gives people the skills to help someone who is developing a mental health challenge or experiencing a mental health crisis. The evidence behind the program demonstrates that it build mental health literacy, helping the public identify, understand, and respond to signs of mental illness. MHFA training helps a person assist someone experiencing a mental health crisis such as contemplating suicide. This program will have limited opportunities each academic year.

SPRING 2026 DATES

Session #1

Date: Friday, March 6, 2026

Session #2

Date: Monday, March 30, 2026

Session #3

Date: Monday, April 20, 2026

Interest Form

Closes 11:59pm on

Sunday, February 1, 2026

**All live sessions will take
place 11am-5pm EST**

QPR Gatekeeper Training Certification

collegians, alumnae advisers, regional teams

Question, Persuade, Refer (QPR) Gatekeeper Training covers the key components of how to question, persuade and refer someone who may be suicidal, how to get help for yourself or learn more about preventing suicide, the common causes of suicidal behavior, the warning signs of suicide and how to get help for someone in crisis.

QPR Gatekeeper Training Certification Interest Form: [Access Here](#)

Access codes are limited, so apply soon!



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Comprehensive Resources

CRISIS CALL/TEXT RESOURCES

Crisis Text Line:

Text HOME to 741-741 (US)| 686-868 (Canada)

Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support via a medium people already use and trust: text.

National Domestic Violence Hotline

Call 1-800-799-7233

24 hours a day, seven days a week, 365 days a year, the National Domestic Violence Hotline provides essential tools and support to help survivors of domestic violence so they can live their lives free of abuse. You can expect highly-trained, expert advocates to offer free, confidential, and compassionate support, crisis intervention information, education, and referral services in over 200 languages..

National Sexual Assault Hotline

Call 1-800-656-4673

The National Sexual Assault Hotline gives you access to a range of free services including confidential support from a trained staff member, support finding a local health facility that is trained to care for survivors of sexual assault and offers services like sexual assault forensic exams, someone to help you talk through what happened, Local resources that can assist with your next steps toward healing and recovery and more.

Inter/National Suicide Prevention Lifeline

Call 988 (US and Canada)

This Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

Substance Abuse and Mental Health Services

Administration (SAMHSA) Helpline:

1- 800-662-HELP (4357)

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

Comprehensive Resources

GENERAL RESOURCES

Behavioral Threat Assessment Rubric

This resource can help walk you through how to classify a mental health risk, ranging from mild risk to extreme risk. The rubric includes examples as well as action steps.

Calm

This app is a great tool for accessing meditations, sleep stories, calming practices for adults and kids, and mindfulness resources, which they are updating regularly

Campus Resource Worksheet

The Campus Resource Worksheet is an excellent tool to help connect chapter members with professional care, from student health and wellness to public safety, to sexual violence prevention. This is another excellent resource to print out and have displayed in a chapter common area or emailed to all chapter members.

Headspace

This online community offers free meditations, videos and a library of resources

Recommended Practices for Managing Mental Health or Emotional Concerns

This is a resource that chapters can use when they become concerned about an individual member's behavior, indicating that she may be struggling. Although specific offices and programming vary from campus to campus, these practices are applicable to most, if not all, university and college environments.

JED Foundation

Delta Gamma is a partner of The Jed Foundation (JED), the leading voice in the mental health and suicide prevention space for teens and young adults, with a strong focus on college students. Below are resources from JED:

Mental Health Resource Center

I Want to Take Care of My Mental Health

Signs and Symptoms of a Struggle

Warning Signs of Suicide

Helping a Friend

Taking Care of Ourselves While Helping Others

Comprehensive Resources

LGBTQIA+ RESOURCES

JED Foundation

Delta Gamma is a partner of The Jed Foundation (JED), the leading voice in the mental health and suicide prevention space for teens and young adults, with a strong focus on college students. Below are resources from JED:

Finding Your People in the LGBTQIA+ Community

How to Take Care of Yourself When Your Identity Is Not Supported

Taking Care of Your Mental Health When You Are Deciding About Coming Out

Suicide in the LGBTQIA+ Community: What You Need to Know

How to Find a Queer-Friendly or Gender Affirming Therapist

Where To Find LGBTQIA+ Support When You Can't Find Therapy

The Trevor Project:

Call 1-866-488-7386 or text START to 678-678

The Trevor Project is the world's largest suicide prevention and crisis intervention organization for lesbian, gay, bisexual, transgender, queer and questioning (LGBTQ) young people. Their trained counselors connect with LGBTQ young people 24/7, 365 days a year.

Trans Lifeline:

Call 1-877-565-8860

Trans Lifeline provides trans peer support for our community that's been divested from police since day one. They are run by and for trans people.

Comprehensive Resources

PROFESSIONAL CARE RESOURCES

When should I find professional care?

When it comes to our mental health, it can be difficult to know when it may be time to seek professional care.

You may want to consider speaking with a professional if:

1. You are feeling sad, angry, or otherwise “not yourself” for longer than two weeks.
2. You are abusing drugs, alcohol, food, or sex to cope.
3. You’ve lost someone or something important to you.
4. Something traumatic has happened.
5. You’ve stopped doing activities you usually enjoy.

How do I find the right professional care for me?

Finding the right professional care for you can be daunting. This is an excellent resource that walks you through the process and gives you helpful tips on what to look for. If you have a relationship with a mental healthcare professional, reach out to them.

FindHelp.Org

FindHelp’s network connects people seeking help and verified social care organizations that serve them.

Find a Therapist (Psychology Today)

Psychology Today’s Therapy Directory lists clinical professionals, psychiatrists and treatment centers who provide mental health services in the US and internationally.

National Queer & Trans Therapists of Color Network

The National Queer and Trans Therapists of Color Network (NQTTCN) is a healing justice organization committed to transforming mental health for queer and trans people of color (QTPoC). They work at the intersection of movements for social justice and the mental health field to integrate healing justice into both of these spaces. Their goal is to increase access to healing justice resources for QTPoC.

Latinx Therapy

Latinx Therapy was founded in 2018 to destigmatize mental health in the Latinx community. Since then, they have expanded to become a bilingual podcast and national directory to find a Latinx Therapist (98% of our directory are Spanish speakers). Latinx Therapy strives to provide culturally-grounded workshops and services to our community.

Therapy for Black Girls

Therapy for Black Girls is an online space dedicated to encouraging the mental wellness of Black women and girls. It is our hope that this resource will help to facilitate your search for a therapist.

Asian Mental Health Collective

AMHC aspires to make mental health easily available, approachable, and accessible to Asian communities worldwide. It is our hope that this resource will help to facilitate your search for a therapist.

Comprehensive Resources

SOCIAL MEDIA RESOURCES

Social Media Toolkits

collegians and alumnae

Provided by the JED Foundation, these social media toolkits will assist chapters to promote positive mental health practices, resources and more:

JED Campus Campaign Kit - Social Media Playbook

JED Foundation Partners - Monthly Social Media Toolkit

Note: This list of toolkit resources will continue to grow during the 2023-2024 academic year

Virtual Tools

collegians

These various social media campaigns and tools are available to partners of the JED Foundation:

Just Press Pause - Powered by PINK

Love is Louder

Mental Health is Health

Seize the Awkward

Set to Go

Student Engagement