

## NCAA STUDY OF GROWTH, OPPORTUNITIES, ASPIRATIONS, AND LEARNING OF STUDENTS IN COLLEGE (GOALS)

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Visit the NCAA Research Website at:  
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### Resources and Recommendations

For information or support related to any of the survey topics, please contact your campus student health office or visit the following sites:

#### *NCAA Sport Science Institute*

- For health and safety resources and recommendations, visit [www.ncaa.org/ssi](http://www.ncaa.org/ssi).

#### *Substance Abuse and Mental Health Services*

- The Substance Abuse and Mental Health Services Administration (SAMHSA) Behavioral Health Treatment Services Locator provides help to those seeking treatment facilities for substance use/addiction and/or mental health problems. For more information, visit: [www.findtreatment.samhsa.gov/](http://www.findtreatment.samhsa.gov/).
- The SAMHSA Disaster Distress Helpline provides 24/7 crisis counseling and support to individuals experiencing emotional distress related to natural or human-caused disasters. Call 800-985-5990 or text TalkWithUs to 66746.

#### *Suicide Prevention*

- The 988 Suicide and Crisis Lifeline provides 24/7, free and confidential support for individuals in distress. Call or text 988 or chat at [988lifeline.org/chat/](https://988lifeline.org/chat/).
- A list of international suicide hotlines is available at <https://ibpf.org/resource/list-of-international-suicide-hotlines/>.

#### *Mental Health Support for Students of Color*

- For students of color, The Steve Fund and Crisis Text Line provide 24/7, free and confidential support for mental health and well-being. Text STEVE to 741741.

#### *Mental Health Support for LGBTQ+ Students*

- For the LGBTQ+ community, The Trevor Project provides 24/7 counseling for crisis intervention and suicide prevention. Call 866-488-7386, text START to 678678 or message a counselor online at [www.thetrevorproject.org/get-help/](http://www.thetrevorproject.org/get-help/).

#### *National Council of Problem Gambling*

- The National Council of Problem Gambling provides 24/7, free and confidential support related to problem gambling or treatment. Call 1-800-GAMBLER, text 800GAM, chat at [www.1800gamblerchat.org](http://www.1800gamblerchat.org).

#### *NCAA Sports Wagering*

- For NCAA-related sports wagering information, visit: <https://on.ncaa.com/wagering>.



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