
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:

Social Media Harassment

- Right to Be provides tips for responding to online harassment: <https://righttobe.org/guides/responding-to-online-harassment/>
- Meta has a guide for managing the comments you receive on Instagram or Facebook: <https://about.meta.com/actions/safety/topics/safety-basics/tools/stay-safe#comments>
- If you experience harassment, abusive content, or simply unwanted interactions on Venmo, you can reach out to a dedicated hotline for student-athletes to report it and get immediate support at ncaahotline@paypal.com. A guide for athletes developed by Venmo can be found here: [VenmoBestPracticesGuide.pdf](#)
- To report abuse, harassment or bullying you've faced on Facebook or Instagram, visit <https://about.meta.com/actions/safety/topics/safety-basics/tools/stay-safe#report>
- To report abuse on X (formerly Twitter): <https://help.x.com/en/safety-and-security/report-abusive-behavior>

Problem Gambling

- For resources related to problem gambling or treatment, please visit the [National Council of Problem Gambling](#) or contact them directly.
Call: [1-800-MY-RESET](tel:1-800-MY-RESET)
Text: [800GAM](tel:800GAM)
Visit: www.1800myreset.org

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

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/.

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 www.988lifeline.org/chat.
- A list of international suicide hotlines is available at <https://ibpf.org/resource/list-of-international-suicide-hotlines/>.

