

# ONLINE MENTAL HEALTH RESOURCES

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## A Comprehensive Guide to Eating Disorders

<https://www.mswdegrees.org/resources/eating-disorders>

## Active Minds

<http://activeminds.org/>

## Coping Tips for Traumatic Events and Disasters

<https://www.samhsa.gov/find-help/disaster-distress-helpline/coping-tips>

## Maintaining Mental Health During Coronavirus

<https://seizetheawkward.org/coronavirus>

## Mental Health America

<https://www.mhanational.org/>

## National Alliance on Mental Illness

[nami.org](http://nami.org)

## The Steve Fund

[stevefund.org](http://stevefund.org)

## The Trevor Project

[thetrevorproject.org](http://thetrevorproject.org)