Mental Health

Maintaining your mental health allows an individual to realize his or her own abilities, cope with the normal stresses of life, and be able to work productively and fruitfully. Mental wellness allows each of us to make a positive contribution to our community and our individual lives!

Mental Wellness

www.liveyourlifewell.org/
A website to educate individuals on mental health and wellness issues

MCC Community Resource Guide
Includes counseling and other resources in each of the campus service areas

www.nimh.nih.gov/health/topics/index.html
National Institute of Mental Health website provides wealth of information on mental health topics, how to locate resources, informational booklets and materials

Substance Abuse

Mohave Substance Abuse Treatment & Education Prevention Partner (MSTEPP)

http://www.ncadd.org/
National Council on Alcoholism and Drug Dependence, Inc. (NCADD)

http://www.niaaa.nih.gov
National Drug and Alcohol Referral Service

National Institute on Alcohol Abuse and Alcoholism (NIAA) 301.443.3860

http://www.drugabuse.gov/PubCat/PubsIndex.html
National Institutes of Health

http://www.whitehousedrugpolicy.gov/prevent/index.html
U.S. Office of National Drug Control Policy (ONDCP): Related Links, Prevention Resources