



# MOREHOUSE SCHOOL OF MEDICINE

*Psychiatry/Cork Institute*

*Historically Black Colleges and  
Universities National Resource Center  
(HBCU-NRC)*

Dear Colleague:

On behalf of the Historically Black Colleges and Universities – National Resource Center (HBCU-NRC) for Substance Abuse and Mental Health Infrastructure Development, we would like to first thank you for completing the HBCU-NRC baseline assessment. According to year one survey results, 49% of schools who responded indicate they are currently not providing both substance abuse and mental health information during student orientation.

The HBCU-NRC would like to work with schools individually and collectively to change this statistic and increase the percentage of schools offering such information. Stress, depression, substance use, and anxiety are major health concerns on college campuses, all of which can impact academic performance and student growth and development. Data suggest students often do not recognize symptoms, they are concerned about stigma and do not know how and where to seek help.

We would like to start by providing you with a list of resources and useful information to share with students not only during student orientation but throughout the year.

Resources include:

- Substance Abuse and Mental Health Service Administration's (SAMHSA) Resource Center to Address Discrimination and Stigma (ADS) section on Center on Mental Health: Its Part of College Life [www.stopstigma.samhsa.gov](http://www.stopstigma.samhsa.gov) then click on college life.
- Active Minds: The only National peer-to peer organization dedicated to the mental health of college students [www.activemindsoncampus.org](http://www.activemindsoncampus.org).
- National Alliance on Mental Illness (NAMI) on Campus [www.nami.org](http://www.nami.org) : Information about student run campus affiliates.
- The Jed Foundation: A non-profit organization focusing exclusively on college student mental health and suicide prevention [www.jedfoundation.org](http://www.jedfoundation.org).
- Mental Health America (formerly known as the National Mental Health Association) [www.nmha.org](http://www.nmha.org) this site provides mental health information including depression in college students.

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- The U.S. Department of Education's Higher Education Center for Alcohol and Other Drug Abuse and Violence Prevention [www.higheredcenter.org](http://www.higheredcenter.org) : This site provides up to date information on model programs on campuses and a free copy can be ordered. Their newsletter on Alcohol and Other Drug Use at HBCUs is enclosed.
- National Institute on Alcohol Abuse and Alcoholism (NIAAA) [www.collegedrinkingprevention.gov](http://www.collegedrinkingprevention.gov) an excellent site for comprehensive evidence based information.

These links can also be accessed through our web site [www.hbcunrc.net](http://www.hbcunrc.net) under the student center section and the resource section.

We look forward to partnering with you around this important endeavor. Please do not hesitate to contact the National Resource Center for additional information or technical assistance at 1-888 HBCUNRC.

Sincerely,



Gail A. Mattox, M.D., F.A.A.C.A.P.  
Director, HBCU-NRC



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