

SELF-HELP MATERIALS

By Topic | [Pamphlets](#) | [Websites](#)

The topics listed below take you to a site that lists resources on that topic from college counseling centers across the country. The topics are organized and maintained by the University of Chicago.

[Alcohol and Substance Use](#)

[Anger](#)

[Anxiety](#)

[Concerned Others](#)

[Cultural Issues](#)

[Depression](#)

[Disabilities](#)

[Eating Disorders](#)

[Impulse Control](#)

[Relationships](#)

[Sexual Assault/Harassment](#)

[Sexual Orientation](#)

[Stress/Wellness](#)

[Study Skills](#)

[Traumatic Events](#)

[Traumatic Stress](#)

[University Life](#)

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