

Active Minds

Active Minds was founded by Alison Malmon when she was a junior at the University of Pennsylvania following the suicide of her older brother, and only sibling, Brian.

NY Project Hope

Need help coping with all the complications the pandemic has created? Loads of help for dealing with emotional and social issues caused by the pandemic.

Struggling in Silence.

Depression affects millions of Americans each year yet the stigma attached to mental illness causes many people to suffer in silence. In this podcast Author and mental health advocate, Linea Johnson shares her experiences with struggling in silence and offers helpful tips so others don't have to.

The Hilarious World of Depression

The Hilarious World of Depression is a series of raw, emotional, and funny conversations with people who have dealt with depression.

What to do when friends and family do not understand your depression

Do you wish your family and friends were more supportive of you and your depression? Read this blog to learn some helpful tips on how to manage this situation.

End the stigma!

You are NOT ALONE! End the Stigma is a mental wellness movement committed to seeing "mental illness for what it really is, rather than an unfortunate character flaw."

Wellness Wheel

Living with depression or bipolar disorder can be overwhelming and exhausting. Finding and acknowledging your strengths will help you move towards wellness and the life you want to live.

Email counseling@sunyacc.edu to make an appointment today