

# ULifeline

Washington & Jefferson College is now a member of [ULifeline!](#)

## About ULifeline

ULifeline is an anonymous, confidential, online resource center, where college students can be comfortable searching for the information they need and want regarding mental health and suicide prevention. ULifeline is available where college students seek information the most - at their fingertips on the Internet.

ULifeline includes facts on mental health and wellness topics, suicide prevention and how to help a friend. You can access a self-screening tool and get information on how to help a friend. There are additional links to HalfofUs from mtvU and to the Go Ask Alice advice column at Columbia University.

ULifeline is a program of The Jed Foundation, the nation's leading organization working to prevent suicide and improve the mental health of college students, and is overseen by an expert board of mental health professionals.

Since its inception, ULifeline and The Jed Foundation have reached millions of parents, students, administrators, and, most importantly, those who have suffered in silence. We will continue to be vigilant in improving ULifeline.org and its ability to educate, raise awareness, and most importantly reduce the stigma associated with mental health seeking on a college campus, which ultimately, we believe, will help those truly in need.

## ULifeline important FAQs

*Does ULifeline capture any personal information from students?*

- No personal information is collected on ULifeline. The only information collected is general/statistical data. ULifeline provides students with a completely confidential online environment.

*Is ULifeline a confidential website?*

- Yes. The website is secured by each university's student verification system. Students are verified by the university and then sent to the secure ULifeline website customized for each campus. No personal information is passed through the student log-in.

*What services does ULifeline provide to students?*

- The Student section of ULifeline includes the Self e-Valuator, a confidential online mental health assessment tool developed for ULifeline by Duke University Medical Center. Students can complete a self-assessment to learn telling insight about themselves or their friend's state of mind. The site also includes information, factoids and polling question to learn interesting details about mental well-being.