

# INFORMATION FOR CAREGIVERS

## MENTAL HEALTH IN COLLEGE



**Studies show that** mental health challenges are becoming more common with college students. If you are in college and experiencing mental health challenges, you are not alone. It can be difficult to adjust to new independence, a change in routine, and finding mental health supports that work for you.

### RESOURCES

Please visit [essexpediatrics.com/resources/](https://essexpediatrics.com/resources/) for links and additional resources.

- **Thementalhealthcoalition.org** under their college mental health section, this website includes lots of usable tips to support your mental health, as well as several resources and books to check out or further support.
- **Nami.org**- The National Alliance on Mental Illness provides some very useful resources and support groups.

### PHONE NUMBERS

**SAMHSA's National Hotline** 24/7 support for mental health and substance abuse: 1-800-662-4357

**National Suicide Hotline** 24/7 confidential support for prevention and people in distress: 988

### SIGNS THAT YOU MAY NEED TO REACH OUT FOR HELP

- Marked Change in Sleep and Appetite Behaviors.
- Social Isolation
- Inability to focus
- Frequent class absences
- Suicidal thoughts
- Overwhelming financial obligation
- Loss of pleasure in previously enjoyed activities
- Loss of self esteem
- Recent loss of loved one or traumatic event
- Excessive drinking or substance abuse

### STRATEGIES FOR MANAGING MENTAL HEALTH CHALLENGES

- **Find the counseling and wellness center.** Call or visit during your accepted student day or when you arrive on campus. Ask questions about the services they offer and how to access them.
- **Dig into your diagnosis.** Learn as much as you can about your diagnosis, what helps to manage it, and the early signs that you might be starting to have a hard time so that you can ask for help early!
- **Know your medication.** Be knowledgeable about the medication(s) you are taking, their interactions with other substances, and where you can get them filled.
- **Have a wellness plan and follow it.** Its true, wellness works! Having a daily plan for wellness, including healthy eating, exercise and good sleep can make a huge difference!
- **Establish your resource team.** Work with your Essex Pediatrics team to help you form a team where you are moving including mental health, medical, social, and academic supports.