



THE **BALANCING** PLACE

COUNSELING FOR A *Balanced Life*

FROM HIGH SCHOOL TO COLLEGE

A MENTAL HEALTH TRANSITION GUIDE

1. KNOW YOUR RESOURCES

COUNSELING CENTER – FREE/REDUCED THERAPY, GROUPS, CRISIS CARE
DISABILITY/ACCESSIBILITY OFFICE – REQUEST ACCOMMODATIONS
HEALTH SERVICES – MEDICAL & PSYCHIATRIC SUPPORT
COMMUNITY HOTLINES – 988 SUICIDE & CRISIS LIFELINE

2. KNOW YOUR RIGHTS

PROTECTED BY ADA & SECTION 504
CAN REQUEST: EXTRA TEST TIME, FLEXIBLE DEADLINES, NOTE-TAKING HELP
SHARE DIAGNOSIS ONLY WITH DISABILITY SERVICES, NOT PROFESSORS
ACCOMMODATIONS = CONFIDENTIAL

3. FIND YOUR PEOPLE

JOIN CLUBS, ORGS, OR CULTURAL GROUPS
GO TO WELCOME WEEK & CAMPUS EVENTS
LOOK FOR PEER MENTORING & STUDY GROUPS
VOLUNTEER OR EXPLORE SMALL GROUP ACTIVITIES

4. DAILY WELLNESS HABITS

KEEP A STEADY SLEEP/STUDY/SELF-CARE ROUTINE
MOVE YOUR BODY (WALKS, GYM, SPORTS)
EAT BALANCED MEALS, NOT JUST DINING HALL SNACKS
PRACTICE MINDFULNESS: JOURNALING, BREATHING, MEDITATION APPS
LIMIT ALCOHOL & SUBSTANCES

5. WHEN TO REACH OUT

FEELING SAD, ANXIOUS, OR OVERWHELMED MOST DAYS
TROUBLE FOCUSING OR KEEPING UP WITH WORK
PULLING AWAY FROM FRIENDS/ACTIVITIES
PANIC ATTACKS OR THOUGHTS OF SELF-HARM

TAKE ACTION: CALL CAMPUS COUNSELING, TALK TO AN RA/PROFESSOR, OR DIAL 988.

6. QUICK RESOURCES

988 SUICIDE & CRISIS LIFELINE (CALL/TEXT/CHAT)
ACTIVE MINDS – ACTIVEMINDS.ORG
NAMI ON CAMPUS – NAMI.ORG
ULIFELINE – ULIFELINE.ORG

COLLEGE IS A NEW CHAPTER – BUILD YOUR SUPPORT, KNOW YOUR RIGHTS, AND TAKE CARE OF YOU.