

## **Resources for Students with Mental Health Conditions:**

### **College Mental Health Education Program:**

CMHEP College Coaching college coaches provide highly individualized, person-centered support around building and maintaining wellness and making progress toward academic, social, and wellness goals. College coaching can be a helpful resource to build critical wellness skills and supports and manage your coursework and wellness across all eight domains: social, physical, environmental, spiritual, academic, financial, vocational, and emotional.

LEAD BU A college wellness course focused on developing well-being, academic, and interpersonal skills to assist students who are struggling on campus to thrive. This course is available as a distance learning opportunity as well as in person at Boston University.

**Healthy Relationships:** A skills-building course focused on understanding, building, navigating, and maintaining health-promoting interpersonal connections with the individuals in our communities. This course is available as a distance learning opportunity as well as in person at Boston University.

Peer Run Activities: A variety of free, staff and peer-led classes, hangouts, workouts and more offered Monday-Friday for young adults committed to building community, wellness, and collegiate resilience. Activity themes range from music & visual arts to games & sports.

**NITEQ:** A semester-long intensive program for young adults with mental health conditions on leave from college. This program combines wellness and resiliency skill building with academic instruction and coaching to assist students to return successfully to their educational environments.

**Flourishing Families:** Our comprehensive, educational program supports parents, guardians, and caregivers of young adults who live with a mental health and/or substance use conditions to heal and build sustainable, health-promoting relationships.

### **Students Rights:**

The Americans with Disabilities Act Amendments Act of 2008 (ADAAA) is a federal anti-discrimination statute which provides civil rights protection to individuals with disabilities in the areas of employment, public accommodations, State and local government services, and telecommunications. The ADAAA was designed to remove barriers which prevent qualified individuals with disabilities from enjoying the same opportunities that are available to persons without disabilities. Similar protections are provided by Section 504 of the Rehabilitation Act of 1973, and these laws protect individuals with disabilities as well as ensure just equity and access.

### **On Campus Resources:**

**Access & Disability Services** This office provides services and support to ensure that you are able to access and participate in the living and learning opportunities at your school. Whether you are looking for classroom adjustments to support your learning or an advocate to co-navigate housing accommodations, you may want to connect with the disability & access office or coordinator.

**Academic Advisors** Your academic advisor is the person who helps you choose your major, your minor, and all of your classes along the path to graduation. They are also a great resource to ask about professors and classes that are a good fit for your learning style, in addition to fitting within your chosen major/minor. They can also help you explore student groups and resources on campus. It's an excellent idea to schedule at least one meeting per semester with your academic advisor.

**Dean of Students** The Dean of Students office at your college is committed to your personal and academic growth. In their offices, you'll find staff committed to helping you acclimate to the University. They also sponsor student events and guide standards for student conduct.

**Educational and Writing Support Center** Do you ever wish you could have someone read over a paper before you turn it in? Your campus offers educational and writing support for exactly that! Many support centers offer one-time or weekly appointments if you are looking for more consistent tutoring around writing, math, science, and many other subjects.

**Office Hours** Each of your instructors likely weekly office hours. This is an opportunity to ask for clarification around class content and assignments, as well as making a connection with your professor for future recommendations and support. Beyond the course content, instructors are also happy to discuss on-campus resources, your adjustment to campus, and more topics about you as a person. As Hamid Nawab, Professor at Boston University, describes his Office Hours philosophy: "Viewing every contact with every student as an opportunity to discover the strengths of that student."

**Counseling Services** Staff, psychiatrists, psychologists, clinical nurse specialists, licensed mental health clinicians and licensed clinical social workers may be available at your school to help you address any psychological or adjustment issues that arise in a university community. In addition to one-on-one appointments, counseling service centers may offer group counseling on topics such as depression, grief, anxiety, and more. Colleges and Universities that do not provide counseling services may have a referral coordinator who can connect you with community based providers and resources.

**Ombuds Office** Many colleges and universities have an Ombuds Office, which is an independent, impartial, informal problem-solving resource which maintains strict confidentiality and provides a safe place to have off-the-record conversations on issues related to life, work, or study. Talking to the Ombuds can be a good first step if you have a concern and you don't know where to turn for help.

**Sexual Assault Response and Prevention Office** Your institution may have an office that provides rapid, confidential, supportive and free-of-charge advocacy and assistance to students who have experienced sexual assault, physical assault, interpersonal violence, and other crimes.

**Active Minds** Active Minds is a leading non-profit organization impacting college students and mental health. Now on more than 800 campuses, they directly reach college students each year through campus awareness campaigns, events, advocacy, outreach, and more. Find your University's chapter here: <https://www.activeminds.org/programs/chapter-network/>

**Student Groups & Activities** Part of enhancing your social wellness on campus involves

*finding YOUR people. Whether it's a running club, knitting group, or environmental protection group, your college has a group unique to your interests. Identify a few student groups, along with meeting times, to join before returning to campus.*

**Work-Study & Campus-Based** *Work Finding a part-time job at your college can be a productive way to spend free time, meet other students, and earn income. Your university has a Student Employment Office that will work with you to find opportunities both on and off campus. Similarly, Federal Work Study is awarded through your yearly FAFSA application ([fafsa.ed.gov](http://fafsa.ed.gov)) and provides part-time jobs for undergraduate, graduate, and professional students with financial need. Federal Work-Study is available to full-time or part-time students.*

**Physical activity:** *support moving your body for wellness; locate the fitness center at your school and sign up for a class or create a routine of going to the gym*

### **Other helpful resources:**

[NAMI: Mental Health College Guide](#) : *navigate the changes that come with transitioning to college*

[The Jed Foundation](#): *empowers teens and young adults by building resiliency and life skills, promoting social connectedness, and encouraging help-seeking and help-giving behaviors*

[Good Therapy](#): *therapeutic support group*

[Better Help](#) *Find a provider that offers online treatment through*

[Talk Space](#) *treatment and support plans uniquely for you*

[Ten Percent Happier](#) *download for access to free grounding meditations*

[NAMI](#) *connect with other young adults who live with a mental health condition*

[Collegiate Recovery Programs](#) *that support sobriety and sober living*

[Meal planning](#) *to save money and time and build in more health-promoting options*