

Text of “Getting Mental Health Help In College” StoryMap Timeline

Getting Mental Health Help In College: You're going to college! Congratulations! **NOW** is the time to start thinking about your mental health needs while you are in college. [Do you already have a therapist?](#) Maybe you can keep meeting with them? Will you need [medication](#) at school? Have you thought about therapy groups or peer support? The more you can plan **before** you go the better! Click through for help navigating this journey. Please note not all options will be available at all schools.

Services Near Home: If you already have a therapist, [check to see if you can stay in therapy with them while you are in college](#). Ask them at your next appointment!

Teletherapy: Teletherapy is a great option for individual, group, and/or psychiatry. Check out the [Resources](#) section for tips on how to find a telehealth provider and the [Scripts](#) section for what to say. Counselors at the counseling center may also be able to help you find a [teletherapy](#) provider.

Residence Life: Did you know that most dorms and on-campus housing have student and professional staff that reside and work right in the dorm? They all receive basic training on how to help their residents get mental health help. Ask them!

In the Classroom: College courses all come with a course guide called a syllabus which contains important due dates and information. Information about campus mental health options [can often be found right on the syllabus](#). Check it out!

Office of Disability Services: Mental health symptoms can lead to problems in achieving academic success. Every college and university has a designated office to help [students with disabilities who need accommodations](#). Investigate how to make an appointment at the office of disability services at your college to explore your options.

Religious Life: [Research shows](#) that religion and spirituality can protect your mental health. Check the college website to see what is available.

Community Based Counselors: Many colleges and universities now have [Community Based Counselors](#) with offices in buildings and departments around campus, making access easier. Check your school's counseling website or ask your counseling center to see if this great resource is an option for you.

Peer Mentorship: We all appreciate learning and being supported by folks who share similarities with us. Check with your school to see if they offer any type of peer mentorship/peer mental health support. A great example is [Active Minds](#).

Campus Counseling Center: Most colleges and universities have counseling centers. Check out your center to see what they offer including individual therapy, group therapy, and psychiatry services.

Victim Assistance: Sadly, stalking, harassment, dating, domestic, and sexual violence can all occur on college campuses. Check your university web pages for information on how to receive assistance with any of these issues. You can also call [The National Sexual Assault Hotline](https://www.thehotline.org/) at 800.656.HOPE or [911](https://www.911.org/) for an emergency.

Substance Use Issues, AA/NA If you want to address substance use issues while at school, check the college counseling website to see what Drug and Alcohol services they might offer. Also check out local AA and NA offerings. <https://www.aa.org/find-aa>
<https://www.na.org/meetingsearch/>

Crisis: Most college counseling centers offer 24/7 crisis help either in person, via telephone, and/or the internet. Check your counseling center's website for detailed information on resources. Also, see the [Crisis](#) page on this site for national crisis info. Remember to always call [911](https://www.911.org/) or [988](https://www.988.org/) for an immediate emergency including thoughts of suicide.

Local Hospitals: Did you know that over 12% of ALL annual visits to emergency departments in the U.S. are for mental health reasons ([CDC, 2021](#))? If you feel that you have immediate mental health needs that require emergency care, please utilize the ER at your local hospital. Remember to use [911](https://www.911.org/) for an immediate emergency.

IOP/PHP: Some students may require more intensive treatment than the counseling center or individual therapy can provide. Outpatient programs like [PHPs and IOPs](#) are potential options. Contact your college counseling center for help with options in your area.

Taking a Break: Sometimes your mental health needs may become too much to stay in school. If you are struggling in this way, talk things over with friends, family, counseling professionals, and also your [Dean of Students](#). Explore your withdrawal options and get the help you need.