

Getting Mental Health Help in College Transcript

This is a slide show which utilizes a split screen. This is the first slide. There is a water color map in the background of the left hand side with small pictures representing locations spread throughout the map. The title reads: Getting Mental Health Help in College. On the right hand side is a photograph of an archway that looks out onto a university. The description below the title reads, “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”.

Slide #2. The water color map has moved in to a close up view of a picture of a playmobile home. This picture repeats on the right hand side above the title which reads “Services near home”. The text underneath the title reads, “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!”

Slide #3. The map has shifted to the left to a close up image of a young woman speaking to someone on her computer. The title on the right hand side reads: Teletherapy. The text underneath the title reads, “Teletherapy is a great option for individual, group, and/or psychiatry. If you already have a therapist or a psychiatrist, ask if this can be an option while you are at school. Otherwise, check out the [RESOURCES](#) section for tips on how to find a telehealth provider. Counselors at the counseling center may also be able to help you find a telehealth provider”.

Slide #4 moves up the map to a photo of a dorm room. The title of this slide is “Residence Life”. The text below the title reads, “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!”

Slide #5 moves slightly to a photo of a syllabus. On the right hand side, the title reads “In the Classroom”. The text under the title reads, “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!”

Slide #6 moves a bit to the right. There is a photo of a sign outside of an office. The sign reads “Disability Services”. The title of this slide is “Office of Disability services and the text under the title reads “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.”

Slide #7 moves a bit to the right. A photo of people gathered outside of a building with a banner that says “welcome”. On the right hand side under the same picture the title reads “Religious Life”. The text under the title reads “Research shows that religion and spirituality can protect your mental health. Check the college website to see what is available.”

Slide #8 moves a bit up the background map to a photo of a Black woman speaking to a younger Black man. On the right hand side, the title reads “Community Based Counselors” and the text underneath reads “Many colleges and universities now have Community Based Counselors who have offices in buildings and departments all around campus, making access easier. Check your school's counseling website or ask at your counseling center to see if this great resource is an option for you.”

Slide #9 moves down the map a bit to the right and shows a photo of a young man speaking with a backpack on speaking to another young man with a back pack. The title on the right hand side reads, “Peer mentorship” and the text under the title reads “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.”

Slide #10 moves slightly up to the left on the map which remains on the left hand side. The picture is of an older man speaking to a younger man and it repeats on the right hand side. Under the picture is the title “Campus Counseling Center”. The text under the title reads “Most colleges and universities have counseling centers. Check out your center to see what they offer including individual therapy, group therapy, and psychiatry services.”

Slide #11 moves slightly down to the right. The image presented on the map is of a Black woman holding the hand of a younger woman. The title under the photo reads “Victim Assistance” and the text under the title reads “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. Remember to call 911 for imminent emergencies and help.”

Slide #12 moves quite a bit down to the right. The photo appearing on both sides is of several people sitting around a table with food and soda on it. The title reads “Substance Use AA/NA”. The text reads “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/>”

Slide #13 moves up the map a ways to the left and has a close up of a hand emerging from water holding a flag that reads “Help!”. Under this repeat photo on the right hand side is the title “Crisis?”. The text under the title says, “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 for an immediate emergency including thoughts of suicide.”

Slide #13 moves down the map to a photo of a sign for a hospital. Under this photo on the right hand side the title reads “Local Hospitals”. The text under the title says, “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 for an immediate emergency.”

Slide #15 moves quite a distance down the map. The photo for this slide is a cartoon of a woman with thought bubbles. The text above her head reads “PHP vs. IOP” and the title of the slide is IOP/PHP. The text reads “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.”

Slide #16 is the final slide. There is only slight movement in the map.. The title of the slide is “Taking a break”, there is an image that reads “The Dean of Students Office” and the text underneath reads, “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.”