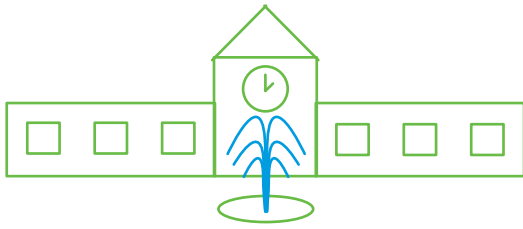


WELLNESS ON CAMPUS

Congrats on making the decision to go to college.

It's not for everyone, and it can be hard (especially with a mental health condition) but **you can do it!**



Self-Care Lifestyle

Practice positive mental health.

Incorporate practices and exercises into your everyday lifestyle that bolster positive mental health and wellness.

Find coping skills that work for you.

Try different healthy methods of coping with the added stress of a college setting until you find the right one!

Be yourself.

You do you! Practice self-care and know your triggers.

Social Life

Know your comfort zone and **boundaries**.

It's your choice whether to **self-disclose**.

Just because your peers are using **substances**, doesn't mean that it's best for you —that's okay.

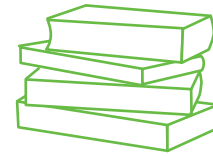
Don't compare yourself to others. Everyone has different struggles and coping methods.

Getting Help

Reach out to your friends, family, or advisors if you're feeling overwhelmed.

Explore available resources if social or academic aspects of college are causing you anxiety or stress.

Get help immediately if you (or a friend) are in danger harming yourself or someone else.



Academics

Avoid overloading yourself. Know how much work you can handle and plan accordingly.

Ask for help. If you find yourself struggling, reach out to others for support and knowledge.

Know your options. You have choices.

You can withdraw, take courses pass/fail, or drop a class if needed. (Not a big deal!)

You'll meet a lot of new people, and sometimes they might not understand. **Be kind to yourself first!**

RESOURCES

Student Support Services are there to help you! They can negotiate accommodations for you.

Remember you can always visit the **Wellness or Counseling Center** for information and support.

Find **Mental Health Advocacy groups** on campus and build a network of allies and friends.

Remember **in-person support** such as therapists, psychiatrists, academic advisors, and help groups.

Also reach out to the DBSA Young Adult Support Group: www.DBSAlliance.org/OSG



Depression and Bipolar
Support Alliance

Brought to you by the DBSA Young Adult Council

The YAC promotes literacy and awareness of mental health conditions in young adults.

www.DBSAlliance.org/YAC