

# Mental Health Guide for Autistic College Students

## Tips to help you feel less overwhelmed & improve well-being

Suggestions for things to do to improve everyday wellbeing and tools you can use in-the-moment if you are feeling overwhelmed



## When should I seek help?

College is a stressful time! Mental health services can help with negative, sad, or anxious feelings, and methods for coping with difficult situations

## Mental health services

Many types of services are available for college students: check out your school's counseling center, psychology clinic, or autism center; warmlines or chats to talk with trained peers; emergency lines for thoughts of harming self or others



## How to access services

Steps that may help you access the appropriate services, coming up with a script, and what you will need before making the call

## What problems may come up?

Suggestions for overcoming barriers to accessing services



## Additional resources & tips for parents

Check out



for the full guide!

# Mental Health Guide

**Dr Sonia Gray**



## **Mental Health Guide:**

## The Enigmatic Realm of **Mental Health Guide**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Mental Health Guide** a literary masterpiece penned by a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of people who partake in its reading experience.

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