

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

Mental Health America



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