

# 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 Strategies**



## **Mental Health Guide:**

## Decoding **Mental Health Guide**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Mental Health Guide**," a mesmerizing literary creation penned by a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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