

# 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

**Sheila Hardy**



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