

Preparation for College and Independent Living

- Identify and describe your diagnosis
- Describe how your symptoms impact your life
- Describe your treatment and clinical history
- Describe what has and hasn't been helpful about your treatment
- Know the names and contact information of your treatment providers
- Know the name, dosage, and changes in medication
- Take medication independently
- Refill medication independently
- Carry your insurance card
- Replace lost insurance card
- Research university counseling services
- Research psychiatric services on or near campus
- Plan how and when you will contact counseling center to make an appointment
- Find the physical location of the counseling center during orientation (and/or on a campus map)
- Identify documents required for Accommodations (Disability Resources)
- Collect all documents required to apply for accommodations
- Research campus crisis/after-hours resources (Counseling Center, JED Foundation Crisis text line, local and national crisis hotlines)
- Add crisis resource numbers to your phone contacts
- Transition to managing more Activities of Daily Living (waking independently, laundry, grocery shopping)

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NAMI: Managing A Mental Health Condition in College

<https://www.nami.org/Your-Journey/Teens-Young-Adults/Managing-a-Mental-Health-Condition-in-College>

Set To Go: A Guide to the Transition from High School to College and Adulthood

https://www.settogo.org/?_ga=2.102724488.821822716.1617765372-1527796097.1617454205

STAR Center | University of Pittsburgh

<https://www.starcenter.pitt.edu/useful-links>

STAR Center Young Adult Transition Group: A Treatment Manual

https://www.starcenter.pitt.edu/sites/default/files/tay_star_manual.pdf