Heading off to college is an incredibly exciting and overwhelming step along your educational journey. Many first-year college students agree about the importance of being emotionally prepared and equipped with the tools to access mental health support services. As you gear up for this transformative experience, we recommend adding these mental health resources and guides to your toolkit.

**PROGRAM:**

- **Set to Go** is a program from The Jed Foundation (JED) to help high school students prepare emotionally for the transition to college and to life after high school.

**GUIDES:**

- JED and NAMI created **Starting the Conversation – College and Your Mental Health.** This thorough guide helps families have important conversations about mental health before students leave for college. It explains the laws and rules around privacy and parental notification and encourages discussion about how students can keep their parents informed.
- **College Planning Guide for Students with Mental Health Disorders** is a comprehensive guide developed by the Intelligent.com Higher Education Team. This thorough article explores various resources and accommodations that most schools provide, plus some helpful tips on how to access these mental health services.

**MENTAL HEALTH QUIZ:**

- BestColleges.com has curated a **mental health quiz** filled with questions regarding stress or feeling anxious. After taking the quiz, we recommend visiting their **mental health resources & support** section.

**ELUNA CAMPER ALUMNI SCHOLARSHIPS:**

- The **Peter DeGeorge Family Foundation Scholarship Program** will offer current campers and alumni of Eluna’s bereavement program, Camp Erin, the opportunity to receive financial support in the form of educational scholarships. The awarded applicant will receive an educational scholarship in the amount of $1,000.
- The **Eluna Trustees Legacy Fund Scholarship Program**, founded by Susan and Erik Hansen, will offer alumni, junior counselors, and mentors that are alumni of Eluna’s addiction prevention and mentoring program, Camp Mariposa, the opportunity to receive financial support in the form of educational
scholarships. The awarded applicant will receive an educational scholarship in the amount of $1,000.

Visit JED for more resources