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 [link] for the full guide!