

# Navigating Your Mental Health While in College

Here are some questions about mental health services to ask when you are on a college tour. You say the parts in **blue**.

**You might want to have pen and paper handy to write down their responses!**

- What kinds of counseling/mental health services are offered?
- Are there any peer mentoring organizations on campus?
- Does the school train its faculty, staff and peer leaders in suicide prevention?
- Does the college have an extensive orientation program?
- Is there a hospital or large healthcare network nearby?
- Are programs provided on alcohol, stress, and healthy relationships?
- Are there anti-violence and victim services?
- Are there disability services available? Such as note-takers for students with dyslexia or ADHD?
- What transportation options are there around campus?
- How does the university foster close community and supportive relationships across campus?