



Whitesboro Wellness



Beyond Graduation

The first step to ensure your mental & physical health is obtaining Health Insurance!

Get Covered!

Don't Have Health Insurance?

Visit Healthcare.gov to enroll under 'special enrollment'

If you attend college, enroll in a student health plan

Are you able to remain on a parent's health insurance?

If so, you are covered until 26!

HAVE A PLAN for BAD DAYS

Save these #'s in your phone:

1. **1-800-273-8255** – Suicide Prevention Hotline
2. **1-800-662-4357** – National Helpline for finding Mental Health & Substance Abuse Services
3. **1-866-488-7386** – Trevor Project Lifeline for LGBTQ+ Individuals in Need of Help
4. Determine a trusted individual or service provider that can be called on for support

Starting College? Two things to do BEFORE classes begin:

1. Sign up for Mental Health Services at your College Counseling Center Before Slots Get Filled
2. Have an IEP? A Documented or Suspected Disability? Contact your College's Disability Center to register for Support Services such as extended time, note-taking, alternate test locations, tutoring, dorm accommodations, etc.

Self-Regulation is Key

Be Kind to Yourself With big transitions comes adjustment- Don't expect yourself to do everything the way you used to

Stay in Touch with Yourself Identify your stressors; Make a plan for when things become difficult to manage

Set Goals What do you want out of life? This year? Today? Keep your goals visible & handy to stay motivated on tough days!

What Helps You Calm Down? Find a personalized coping strategy; Identify at least one screenless de-stressor to utilize.

Mind-Body Connection Be mindful of how nutrition, hydration, sleep & movement impact your mental health

Stay on Schedule Keep a daily routine and written calendar of engagements & due dates

Don't Wait for things get out of control; Find simple ways to make wellness part of your daily routine!

Build on Your Supports

Mhanational.org SAMHSA.GOV NAMI.ORG

AFSP.ORG RAINN.ORG lgbtcenters.org

Psychologytoday.com ADAA.ORG CHADD.ORG

Translifeline.org THEHOTLINE.ORG IOCDF.ORG

Nationaleatingdisorders.org verywellmind.com