

Guidelines for Students with a History of Emotional Concerns

These guidelines are offered to help students who either have had past mental health concerns or who currently are dealing with mental health challenges while preparing for the transition to college:

- Start planning now for a healthy transition to college. Prevention works!
- Meet with your psychiatrist, medical doctor, and/or mental health professional to review medications you currently may be taking, discuss anticipated stresses related to the transition to college life and leaving home, and develop relapse prevention strategies.
- If you are a local resident, continue to meet periodically with your mental health professional during your first semester at college rather than starting counseling with someone new and adding to the stress and changes you are experiencing.
- Take your medication prescribed. Be careful to not self-medicate using alcohol, other drugs, or food. Contact the MSJ Wellness Center Health Services at 513-244-4408 should you need medication monitoring or refills. Do not wait until you run out or until you have symptoms—make contact early!
- Develop a stress management plan, and get adequate sleep. Increased stress and lack of sleep often are factors in the recurrence or enhancement of a mental health concern.
- Have a plan to follow if symptoms of your condition begin to recur or intensify. Respond quickly rather than putting off action. This can help you feel better more quickly and minimize the possible negative impact of a relapse on academic and social activities.
- Contact the Wellness Center Counseling Services at 513-244-4949 and make an appointment with a counselor who will assist you in developing your action plan. The counselor will provide you with counseling and crisis management and help you connect with other campus and community resources.

Adapted from Mental Health Services of Central Michigan University and Susan Landis Beck, Counseling Services, Goshen College. Used with permission.