MENTAL HEALTH RESOURCES FOR COLLEGE STUDENTS:

Transitioning from high school to college is a fun, exciting and anxiety provoking change. The Roncalli Guidance Team recognizes that this is a time that students need to assess how they handle change, manage stress and who they turn to for support. Below are some resources for high school students transitioning to college. Many colleges have wonderful resources in their campus counseling center! If you don't see your college listed below, just search their website for information about their counseling center. Campus counseling centers are for students who need to talk to someone about any feelings that may be going on and usually these are free to students. Click the school below to be redirected to the campus counseling center website.

Remember to take care of yourself! With a change in environment and schedule, you may need to re-evaluate your self care. Eating healthy, exercising, getting enough sleep, and avoiding drugs and alcohol are vital to your mental health.



Looking for faith-based supports at college? Click HERE to identify campus ministry resources at the school you plan on attending!

BALL STATE UNIVERSITY

BELLARMINE UNIVERSITY

BUTLER

INDIANA STATE UNIVERSITY

INDIANA UNIVERSITY

INDIANAPOLIS

IVY TECH COMMUNITY COLLEGE

MARIAN UNIVERSITY KNIGHTS

PURDUE UNIVERSITY

SAINT MARY'S COLLEGE NOTRE DAME, IN

UNIVERSITY OF ALABAMA

University of Dayton

UNIVERSITY OF NOTRE DAME

UNIVERSITY OF INDIANAPOLIS

UNIVERSITY OF SOUTHERN INDIANA

WABASH COLLEGE

WESTERN KENTUCKY UNIVERSITY

XAVIER

***If your college isn't listed here, see your college website to search for their counseling center**
Remember your support people in times of stress and struggling. Parents, older siblings, friends (old and new), teachers, coaches, etc. Seek out someone if you are overwhelmed, lonely, anxious, or just not functioning per usual.

RONCALLI GUIDANCE DEPARTMENT