



PARENTS: WHAT TO DO BEFORE THEY LEAVE FOR COLLEGE!



Help them find out what mental health services are offered at the school and in community.



Share crisis hotline and textline phone numbers and ask them to add them to their cell phone contacts.



Give them a health insurance card in case treatment or therapy is needed.



Discuss the dangers of mixing medications (prescription and over-the-counter) with alcohol and other substances.



Help them come up with healthy ways to cope with stress without substances (adequate sleep, exercise, healthy foods, etc.).



Help them find youth support groups on campus or nearby if they have mental health issues currently.



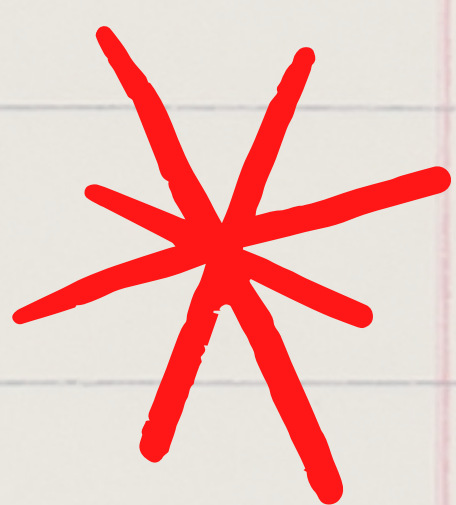
Know how to get in touch with campus security or the resident assistant at the dorm.



Have a conversation about what to do (and not do) and where to go if they are feeling mentally unwell.



Tell them why it's not safe to take prescription drugs from anyone. If they aren't prescribed for them and not from a pharmacy, it's dangerous!



Let them know their mental and physical health are top priority and it's ok to ask for help.

