

Starting the Conversation:

College & Your Mental Health

A Webinar Panel Discussion for Students, Parents & School Counselors

Monday, March 27th 2023, 7:00-8:30 pm

TOPICS

- *Mental health-friendly signs to look for when applying to colleges*
- *Disclosing your diagnosis*
- *Life skills to master before the 1st term*
- *Family communication plans*
- *Privacy laws surrounding adult students*
- *Communicating with the disability office*
- *Types of support on campus*
- *Organizing telehealth supports*
- *Managing a daily college calendar*
- *Thinking about living arrangements*
- *Alternative paths to a degree*
- *Coping with a medical leave*
- *And more*

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Panelists

Sam Gerry

Peer Presenter

Current college student

Marena Koenka

Peer Presenter

Recent college graduate

Melissa Wall - M.A.

Director Prevention & Education
Compliance & Violence
Prevention, UMass Lowell

Christopher Robinson

Coordinator of Outreach and
Training, Disabilities & Access
Services, Boston University

Jaimie March - M.Ed.

Director Student Access &
Support Services, Middlesex
Community College

Sponsored by:



nami

National Alliance on Mental Illness

**Central
Middlesex**

Questions may be submitted in advance to

nami.cmsx@gmail.com.

In an effort to respect safe spaces,
this event will not be recorded.

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