



## Smooth Transitions: Post-Secondary Education and Mental Health Issues

Although enrolling in post-secondary education can be an exciting time for students, it also can present significant challenges, especially for those with pre-existing mental health conditions. Given the high number of post-secondary students who are experiencing mental health issues along with the negative outcomes associated with poor mental health, it is important for K-12 school personnel to understand how they can best help students prepare for post-secondary education and experience smooth transitions from high school. The attached information brief provides information about post-secondary supports, along with general guidance on assisting and supporting students and their families through this transition process.

### Additional Resources to Help Facilitate Smooth Transitions

We would like to share a few other resources that might be helpful when working with students who will be transitioning from high school to post-secondary settings:

- **Transition Year** is an online resource center for students and their parents that seeks to promote positive mental health before, during and after the transition to post-secondary settings. This website provides articles, Q&As and several links to additional resources based on where the student is in the transition process and his/her specific mental health needs. This resource can be accessed at [transitionyear.org](http://transitionyear.org).
- **ULifeline** is an online resource for college students. This website provides information regarding different mental health issues and offers suggestions for how individuals can best support their mental health while completing their education. ULifeline also allows individuals to search for specific resources at and/or near their post-secondary setting. This resource can be accessed at [ulifeline.org](http://ulifeline.org).
- It also might be helpful to provide students with numbers to call or text if they ever find themselves in a crisis while completing post-secondary education. A few of these numbers are listed below:
  - **Crisis Text Line** connects to crisis counselors who offer free support through texting. This line is available 24/7 and can be reached by texting START to 741-741.
  - **National Suicide Prevention Lifeline** connects callers in suicidal crisis to counselors. This line is available 24/7 and can be reached by calling 1-800-273-TALK (8255).
  - **National Alliance on Mental Illness (NAMI) Helpline** connects callers to staff and volunteers who can provide information regarding mental illness and local support groups and services. This line can be reached Monday through Friday, 10 a.m. - 6 p.m. at 1-800-950-NAMI (6264).

The Project AWARE Ohio team includes partners in three counties' educational service centers (ESC). If you are from those local areas and want more information about Project AWARE services, please contact:

**Cuyahoga County ESC:** Mary Wise; (216) 901-4201; [mary.wise@esc-cc.org](mailto:mary.wise@esc-cc.org)

**Warren County ESC:** Vycki Haught; (513) 379-2310; [vycki.haught@warrencountyesc.com](mailto:vycki.haught@warrencountyesc.com)

**Wood County ESC:** Angela Patchen; (419) 354-9010 x228; [apatchen@wcesc.org](mailto:apatchen@wcesc.org)

For information about Project AWARE in other regions of the state, please contact:

Emily Jordan: [emily.jordan@education.ohio.gov](mailto:emily.jordan@education.ohio.gov)

Cricket Meehan: [meehandc@miamioh.edu](mailto:meehandc@miamioh.edu)

Kathy Oberlin (Ohio Mental Health Network for School Success): [oberlink2@gmail.com](mailto:oberlink2@gmail.com)