

Mental Health in College

Beginning college is an exciting time, but it's also a time of greater independence and responsibility. This is true whether you are attending a local college or moving away from home.

This transition can be intimidating, especially if other people in your family have not attended college; if you are a member of a community that has been traditionally marginalized or underrepresented at your school; or if you are a returning student or a student-veteran. Many students work to help cover the cost of attendance, and some have family responsibilities to manage in addition to their coursework. Trying to manage these demands can be difficult.

While college can be emotionally challenging, it's still possible to enjoy the experience and grow from it. To help support your success in college, it's important to prioritize your mental health — look out for on-campus supports, social connections and opportunities to engage with your new community.



If You Have No Experience with Mental Health Challenges



If You Have a Diagnosis or History of Mental Health Challenges



Experiencing a Mental Health Crisis at College



NAMI HelpLine is available M-F 10 am – 10 pm, ET.
Connect by phone [800-950-6264](tel:800-950-6264) or [text "Helpline"](#)
to 62640, or [chat](#). In a crisis [call](#) or [text 988](#).*

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*Message frequency varies. Message & data rates may apply. [NAMI HelpLine Terms of Service](#).