



SAVE THE DATE
Tuesday, May 9th

6:00pm-8:30pm

Fremd High School, 1000 S. Quentin Rd., Palatine

Making Mental Health Connections
Navigating College Mental Health Services

Transition Action Network for Mental Health

A Partnership of Schools and Community Agencies Addressing the
Needs of Transitioning Young Adults

This event is designed to give families an opportunity to gather information on college mental health. Join us for an informative and interactive event to raise awareness, explore common challenges, and share resources to smooth the transition from high school to college for students with mental health issues. The night will include presentations from leading professionals in the field and the opportunity to ask questions and participate in small group discussions to explore challenges and resources.

Join us as we explore these topics and more:

- Information on the mental health resources of colleges
- Coping and executive function skills needed for the increased independence of college classes
- Considerations and implications related to independent/supported living
- Legal and medical issues
- Choosing the right college environment
- How to best utilize your high school transition resources

*A snack will be provided
Courtesy of Eli's Cheesecake*



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