



nami
National Alliance on Mental Illness

Find Help. Find Hope.

Connecticut

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News Summary: NAMI RELEASES VIDEO SERIES ON COLLEGE AND MENTAL HEALTH

STATEWIDE – CT (May 23, 2017) – [NAMI Connecticut](#), in cooperation with the National office of [NAMI](#), the National Alliance on Mental Illness, is announcing the release of a [new video series](#) aimed at helping college bound students and their families talk about mental health. The videos are part of the [“Starting the Conversation: College and Your Mental Health”](#) guide NAMI and the Jed Foundation released last year. Approximately 75% of mental health conditions begin by age 24, making college a critical time to focus on mental health, especially as students transition away from their support systems.

“Heading off to college is an exciting time with new experiences, new friends, and independence but there can also be challenges,” said Mary Giliberti, J.D., Chief Executive Officer, NAMI. “These videos, based on our *Starting the Conversation: College and Your Mental Health* guide, provide students and families with what they need to understand and talk about mental health, have a plan in place, and avoid tragedy from emerging mental illnesses,” said Giliberti.

Here in Connecticut, NAMI Connecticut will be providing the video information to all colleges and universities in the state. “We want to offer schools another tool they can use to help parents and students make the transition to college as easy as possible,” says Kate Mattias, MPH, JD, Executive Director of NAMI Connecticut.

The videos, narrated by Corinne Foxx, walk viewers through the ups and downs of starting college; how to take care of mental health, when to seek help, who to talk to, privacy laws and how students can keep their families informed. Key takeaways from the video include:

- *Mental health conditions are common.* One in five young adults will experience a mental health condition during their college years; students should know they are not alone.
- *There are warning signs.* Parents and students should learn how to recognize the warning signs of mental health conditions and to act. Being informed can save lives.
- *Whom to talk to and when to seek help.* Students should be aware of resources and care options on and off campus and should not hesitate to ask for help.
- *How to understand the laws and make a plan.* Learn about health privacy laws and restrictions on sharing sensitive information with families. Having a support system makes it easier for students to overcome mental health challenges.

Watch the videos, download infographics and the guide, and learn more about this important resources at [www.https://www.nami.org/collegeguide](https://www.nami.org/collegeguide).

For more than thirty years NAMI Connecticut has offered support, education and advocacy to improve the lives of individuals, including children, and their families, affected by mental illness.

www.namict.org

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