

Did you know?

Research by **The American College Health Assn** found:

- ♦ 1 in 2 college students report that anxiety has affected their academic performance...
- ♦ 1 in 3 report having times of depression...
- ♦ 1 in 20 college students has an eating disorder...
- ♦ 80% of college students sometimes feel overwhelmed by stress...
- ♦ 64% of young adults who drop out of college do so for mental health related reasons...

If you are having a hard time, reach out. Support is available to you.

**SUPPORTED
EDUCATION
COUNSELING**
IS AVAILABLE
RIGHT HERE AT CGCC

YOU

+

SUPPORTED
EDUCATION

=

SUCCESS



MENTAL HEALTH ASSOCIATION
of COLUMBIA-GREENE COUNTIES, INC.
713 UNION STREET, HUDSON, NY 12534

The Mental Health Association
of Columbia-Greene Counties, Inc. is a
community leader in the prevention and
recovery support for those with
mental health challenges.



Supported Education is a promising practice that helps individuals with mental health challenges gain education and training.

We work with individuals to support their success and meet their own educational goals.

Our services can be provided on campus or in the community, wherever the individual feels most comfortable meeting.

How does Supported Ed work?

- ◆ Our Supported Ed Specialist can help you figure which of our services will be helpful...
- ◆ Ongoing assistance and support are based on *your* needs and preferences...
- ◆ Our services are completely confidential
- ◆ Our services are free
- ◆ We have a private office here on campus
- ◆ We have confidential voicemail at (518) 828-4181, Ext. 3323
- ◆ SupportedEd@mhacg.org is our email



A Supported Education Specialist

can help you:

- Navigate through admission, financial aid and registration processes
- Learn stress management, time management and study skills
- Advocate for yourself as needed
- Obtain supports to help you stay in school

Supported Education is:

* FREE

And

* CONFIDENTIAL!

