

STARTING THE CONVERSATION

College and Your Mental Health

NAMI
National Alliance on Mental Illness

JED





Copyright August 2016, the National Alliance on Mental Illness (NAMI) and The Jed Foundation

ABOUT NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organiza tion dedicated to building better lives for the millions of Americans affected by mental illness.

What started as a small group of families gathered around a kitchen table in 1979 has blossomed into the nation's leading voice on mental health. Today, we are an association of thousands of state organizations, local affiliates and volunteers who raise awareness and provide advocacy, education and support in com munities across the United States.

ABOUT THE JED FOUNDATION

JED is a national nonprofit that exists to protect emotional health and prevent suicide for our nation's teens and young adults. We're partnering with high schools and colleges to strengthen their mental health, substance abuse and suicide prevention programming and systems. We're equipping teens and young adults with the skills and knowledge to help themselves, and each other. We're encouraging com munity awareness, understanding and action for young adult mental health.

Facebook: NAMI
Twitter: NAMICommunicate
Instagram: NAMICommunicate
Tumblr: notalone.nami.org ■ ok2talk.org

Facebook: jedfoundation
Twitter: jedfoundation
Instagram: jedfoundation
YouTube: jedfoundation

WHY START A CONVERSATION ABOUT MENTAL HEALTH? page 3



NAVIGATING COLLEGE

page 4

STARTING YOUR CONVERSATION

page 6



MENTAL HEALTH CONDITIONS ARE COMMON page 7



COMMON SIGNS OF A MENTAL HEALTH CONDITION page 8

MENTAL HEALTH CARE ON CAMPUS page 13

HEALTH INFORMATION PRIVACY LAWS AND RULES page 15

KEY TAKEAWAYS

page 22



AUTHORIZATION FOR RELEASE OF HEALTH INFORMATION

page 23

RESOURCES

page 25

A NOTE TO READERS...

TO STUDENTS: This guide is written to provide you with important information about mental health during the college years. We encourage you to read this guide, learn from it and use it to start and continue a conversation about mental health.

TO PARENTS: This guide is for you, too.[1] It's important to know more about mental health during the college years and proactive steps that can help you support your student if needed.

[1] The term "parents" is used throughout the guide to include caregivers, family members and other important and trusted adults involved in the lives of college students.

ACKNOWLEDGMENTS

This guide was made possible by support from the National Technical Assistance Network for Children's Behavioral Health at the University of Maryland, a center funded by the Center for Mental Health Services, Child, Adolescent & Family Branch of the Substance Abuse and Mental Health Services Administration (SAMHSA). NAMI and JED greatly appreciate the support for the guide.

NAMI and JED thank the college students and parents who contributed their ideas and expertise to this guide. Their input helped us to effectively communicate the importance of college students and families learning more about mental health, holding conversations and better understanding health information privacy laws and rules. NAMI would especially like to thank Elizabeth Bryan and Robert Marko-Franks, college students and summer interns, for their valuable contributions to the report. NAMI appreciates the legal expertise and guidance on HIPAA and FERPA shared by Adam H. Greene, a partner with the law firm of Davis Wright Tremaine, and Anna Watterson a lawyer formerly with the firm. We also appreciate the contributions of Nancy+W9 Wolf and Margaret Go, parents who shared their personal experience and expertise on this topic.

This guide was prepared by the staff at NAMI and JED. NAMI staff included Darcy Gruttadaro and Angela Kimball. NAMI thanks Caren Clark, Happy Carlock, Valerie Hunter, Lauren Gleason and others for providing helpful review and comments during the preparation of the report. This report is made possible by the leadership of Mary Giliberti, Chief Executive Officer of NAMI. JED staff included John MacPhee, Gussie Foshay-Rothfeld and Victor Schwartz.

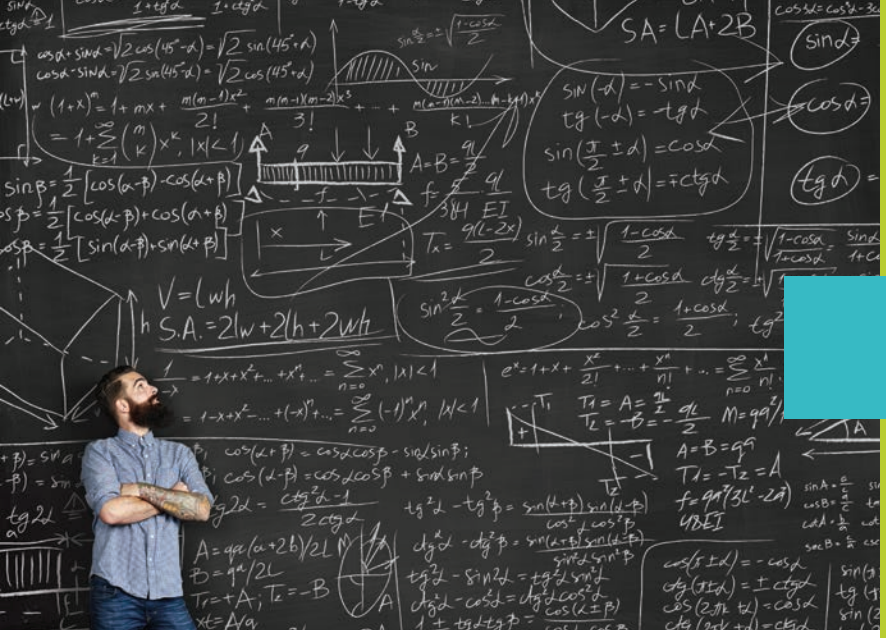
WHY START A CONVERSATION ABOUT MENTAL HEALTH?

Attending college is an important achievement and exciting time in life. You will gain greater independence, meet new people and have new and memorable experiences. It is a time of significant transition, which can be both positive and challenging. For some, the stress of college may impact mental health, making it difficult to manage the daily demands of school. In fact, did you know as many as one in five students experiences a mental health condition while in college?

To help put a thoughtful plan into place should a mental health condition arise, NAMI (the National Alliance on Mental Illness) and JED have created this guide to help *start the conversation*. It offers both parents and students the opportunity to learn more about mental health, including what the privacy laws are and how mental health information can be shared.

Conversations allow you to plan for the unexpected; to know what to do if you develop emotional distress, a mental health condition or if an existing condition worsens. Talking about mental health is important even if you don't experience a mental health condition because a friend may need help. Students often prefer to confide in a friend before confiding in anyone else—or you may notice that a peer is struggling and you may be able to assist. By learning more, you'll be better equipped to know what to do if you or a friend is in distress.





STRESSORS THAT MAY AFFECT MENTAL HEALTH

- Relationship breakups
- Academic pressures
- Poor grades
- Financial stress
- Social status pressures
- Feeling alone or homesick
- Feeling marginalized, misunderstood or like you don't fit in
- Concern or worry about your family members at home
- Loss of day-to-day family or community support
- Drug and alcohol use
- Inadequate sleep
- Feeling overwhelmed
- Grief
- Gender and sexuality questioning
- Friendship challenges
- Sports team losses
- Unmet expectations

NAVIGATING COLLEGE

College life is full of opportunities for personal growth, greater independence and exploration of new social and academic experiences. New experiences make college an exciting time, but one that may also be stressful. Stress may come from keeping up with academic demands, forging new relationships and managing greater independence. Changes in stress levels, along with new sleep patterns and eating habits, can have a big impact on your health.



Also, many students face insecurity, loneliness or disappointment during college. Others may experience bouts of depression, anxiety or the start of other mental health conditions. While strong feelings are common, we want you to know what to do if you feel too overwhelmed, if you begin to experience mental distress or if an existing condition worsens.

BUILDING CONNECTIONS

Connections with others, including involvement with campus and community activities, can help you protect your mental health. Explore opportunities through your campus student activities center and get involved in one or more of the following:

- Campus events
- Campus clubs
- Campus interest groups
- Sports
- Student organizations
- Volunteer activities



MANAGING STRESS

- Create to-do lists and tackle items one by one
- Exercise
- Get enough sleep
- Explore time-management strategies
- Ask friends how they manage stress
- Listen to relaxing music
- Set aside time for self-care
- Practice mindful meditation or prayer
- Eat healthy foods
- Avoid alcohol, drugs, smoking and caffeine
- Seek support from family, friends or peers
- Talk with your resident advisor, a trusted adult or the campus counseling or guidance center

STARTING YOUR CONVERSATION

The following four topics are important to discuss as part of your family conversation about mental health. We encourage you to review the information in this guide about each of these topics and share it within your family as part of your conversation.

1. Mental health conditions are common
2. Common signs of a mental health condition
3. Mental health care on campus
4. Health information privacy laws and rules

WHO TO INCLUDE IN YOUR CONVERSATION

We recommend starting a conversation with your parents about mental health. If your support network includes trusted adults who are not family members, that's OK; have your conversation with trusted adults who will provide support if you need it.



MENTAL HEALTH CONDITIONS ARE COMMON

- 1 in 5 youth and young adults experiences a mental health condition[2]
- 75% of all lifetime mental health conditions begin by age 24[3]
- 30% of college students reported feeling so down at some point during the previous year that they found it difficult to function[4]

Experiencing emotional distress or developing a mental health condition while in college can be lonely and frightening, but it doesn't have to be. Feelings of anxiety, depression and mental health conditions are common, and recovery is possible. Building connections to others and having a strong network of support can help—and so can talking. The more you talk about mental health, the easier taking care of your health and well-being will be.

[2] National Institute of Mental Health. Accessed on the web at http://www.nimh.nih.gov/health/statistics/prevalence/any-mental-illness-ami-among-us-adults.shtml

[3] National Institute of Mental Health. *Mental Illness Exacts Heavy Toll, Beginning in Youth*. June 6, 2005. Accessed on the web at http://www.nimh.nih.gov/news/science-news/2005/mental-illness-exacts-heavy-toll-beginning-in-youth.shtml.

[4] American College Health Association. *American College Health Association National College Health Assessment II*. Spring 2014. Linthicum, MD: American College Health Association; 2014.

CONVERSATION STARTERS

Conversation starters for students:

- My school shared this guide about mental health. Can we sit down and talk about it?
- This guide has helpful information about handling stress and information schools can and cannot share with families. I'd like us to review it together.

Conversation starters for parents:

- I know you're excited about starting school next month, and I'm excited for you too. Before school starts, I'd like to talk with you about some common struggles that might arise. This guide has helpful information.
- (If relevant) We have a family history of mental illness or substance abuse, so I'd like to talk with you about mental health. This guide has information that can help you be proactive about your overall physical and mental health.

TIP: Don't let the conversation stop there. Keep it going and check in periodically throughout the school year.





COMMON SIGNS OF A MENTAL HEALTH CONDITION

Mental health conditions have 10 common warning signs that should be taken seriously. If you or someone you know experiences one or more of these signs, you should talk with trusted family, peers or mentors and seek assistance.

1. Feeling very sad or withdrawn for more than two weeks
2. Severe, out-of-control risk-taking behaviors
3. Sudden overwhelming fear for no reason
4. Not eating, throwing up or using laxatives to lose weight
5. Seeing, hearing or believing things that are not real
6. Repeatedly and excessively using drugs or alcohol
7. Drastic changes in mood, behavior, personality or sleeping habits
8. Extreme difficulty in concentrating or staying still
9. Intense worries or fears that get in the way of daily activities
10. Trying to harm oneself or planning to do so

It can be difficult to know whether what you are experiencing is an early sign of an emerging mental health condition or part of adjusting to college. You don't have to know the answer to this question. Listen to your mind and body. If you are not feeling right and are having trouble shaking that feeling, then talk with someone who can help you sort things out and help you decide what kind of support or care you need.

Talk with your parents or a trusted adult about what to do if you are worried about your mental health—ideally, before you leave for college. Here are some issues to consider:

- Whom will you talk to?
- How can your parents or other trusted adults be most supportive?
- How much and what information would you want shared with your parents or trusted adults about your situation?
- What works best for you in sharing and conveying information?

Think through your preferences and create a simple plan if you begin to experience emotional distress or if you suspect you might have a mental health condition.

Be sure to discuss any family history of mental illness; mental health conditions often run in families. If a family history is present, know the warning signs, pay close attention to your mental health and

CAMPUS RESOURCES FOR MENTAL HEALTH

- Call the campus counseling or health center
- Request a confidential conversation with your resident advisor if you are in a campus residence hall
- Talk with the dean of student affairs, peer support specialist or campus chaplain
- Request a confidential conversation with your academic advisor or a faculty member
- Contact the leader of a campus mental health organization, such as NAMI on Campus or Active Minds

TIP: Not all conversations can be kept confidential, especially if you share information about self-harm or harming others. In general, the most confidential place on campus is the counseling or mental health center. They can share information about you only with your agreement—unless they feel you might be an immediate danger to yourself or others. Other offices might discuss your situation and concerns with other professionals on campus or perhaps your parents—but only if they are directly concerned about your safety or risk to others.

ALCOHOL AND DRUG USE

Avoid alcohol and drug use to cope with stress and if you are experiencing the warning signs of a mental health condition. Alcohol and drug use can worsen an underlying mental health condition. Drug use, especially marijuana and hallucinogens, may increase the likelihood of psychosis in people who are at risk of developing a serious mental illness.



seek help when needed. And if you currently use mental health services, talk about how you'll continue your mental health care on campus, how you and your family will recognize new or increased symptoms and what you will do if such a situation arises.

Also discuss strategies for managing stress during college because high levels of stress increase the risk of developing a mental health condition. Talk about what you will do and who you will reach out to if you experience a high level of stress or find it difficult to manage stress.

Keep the conversation going throughout the school year because your mental health and stress levels can change. Some students report not confiding in parents about declining mental health to avoid worrying their family, especially when they are far from home. However, communicating with your parents or a trusted adult can help you get needed support.

SUICIDE HELP AND RESOURCES

If you or someone you know is experiencing suicidal thoughts and feels like life is not worth living, seek help ***immediately*** by calling the National Suicide Prevention Lifeline at 800-273-TALK (8255), by texting Crisis Text Line at 741741 or by calling 911. Involve others; connect with family, a resident advisor, a counselor, a trusted friend or another trusted adult.

If you find yourself struggling, seek help. The sooner you get help, the better. Don't take on the burden of what you are experiencing alone; reach out so others can support you. Reaching out is a sign of strength. We all have challenging times in life when we need to lean on family, friends and professionals for support. You are not alone.

Suicidal behavior is also a risk for college students, especially when mental health conditions are undetected and untreated. Suicide—although rare—is the second leading cause of death among youth and young adults ages 15 to 25. Suicide can be a difficult topic, but talking more about mental health and seeking care and support when needed can help keep you safe.



IF YOU ARE A PARENT OR TRUSTED ADULT WHO SUSPECTS A STUDENT IS STRUGGLING

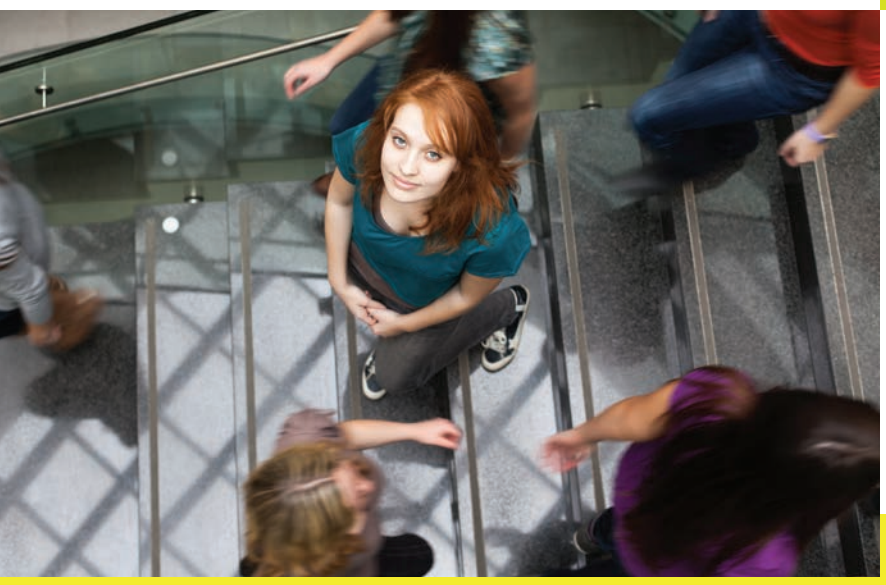
Even if you are not experiencing difficulty, you could be in a position to help a friend or peer who experiences emotional distress or develops a mental health condition during college. Know the signs and the mental health resources on your campus. Don't be afraid to say something. You do not increase the risk of suicide by talking about it with a friend you are worried about. By speaking up and letting someone know you care, you may help him or her get the help they need.

REACH OUT. Let him or her know you are concerned.

CONTACT COLLEGE STAFF. If your student is unresponsive or you think the issue could be serious, contact a campus mental health professional, the dean of students or another staff member.

SHARE INFORMATION. A campus mental health professional may not be able to provide health care information, but they can listen to your concerns or health information about your student.

KEEP TALKING. Help start—and continue—a dialogue about mental health.





MENTAL HEALTH CARE ON CAMPUS

Whether you currently use mental health services, begin to experience distress or develop a mental health condition or never need mental health care, you should know how to access mental health care on campus.

Many people with mental health conditions attend and are finding success in college and many colleges are working to accommodate and support students with mental health needs. Most—but not all—colleges have a counseling center or health clinic on campus. A counseling center or health clinic can help by talking with you or by linking you to other campus or community-based resources.

Here are things to check out online or in-person before or soon after you arrive on campus:

- ☐ Where are mental health services provided?
- ☐ How do you make an appointment for mental health care?
- ☐ Are drop-in services available?
- ☐ How do you access mental health services after hours or in an emergency?
- ☐ What mental health services and programs are available?
- ☐ Are there any fees for mental health services and supports?
- ☐ Are there limits on the type or amount of services available and if so, will your school link you with care in the community?



If you do not find information about mental health care on campus or your college does not offer mental health services, contact your school's health center if one exists or the disability services office for assistance. Your school may partner with a community mental health center where they will refer you. You may also seek guidance on resources from your academic advisor.

Once you have explored mental health services that are available, put mental health center and emergency service contacts into your phone.

In addition to mental health services, your college may have additional resources, such as trained peer support specialists or peer education services, clubs focused on mental health (such as NAMI on Campus and Active Minds) and spaces for open dialogue about mental health.

OFFICE FOR STUDENTS WITH DISABILITIES

If you have an existing mental health condition or develop a condition, learn more about your college's office for students with disabilities. Talk with the office about possible accommodations for your condition, if needed.



HEALTH INFORMATION PRIVACY LAWS AND RULES

If you experience distress or a mental health condition and seek help at college, you should know how your health information is protected and what your options are for sharing health information with your parents or trusted adults.

Health privacy and confidentiality laws protect your health records, including mental health records, because if you are over age 18, you are legally entitled to this protection. These laws safeguard your information, but they can also prevent colleges from contacting your parents if you are facing significant challenges or a serious mental health condition. Yet, parents or a trusted adult may be important sources of support if you experience challenges, especially at the onset of a mental health condition or if an existing condition worsens or results in hospitalization.



PARENTS CAN SHARE INFORMATION

Parents are legally permitted to share information about you with the school or mental health professionals. This one-way communication can help if your parents or a trusted adult are worried about you or have important information about your mental health, including medications, successful treatment approaches, co-occurring medical conditions or special needs.

Health privacy and confidentiality laws require an emergency or an imminent threat of harm to self or to other people before parents may be contacted and health information shared. While many people believe that parents would be contacted in a serious situation, this is not always the case. The interpretation of "emergency" or "imminent threat of harm to self or other people" can vary, and identifying when you or someone you know is experiencing a mental health crisis is not always easy. Further, a mental health provider may believe that the family is a major source of conflict or distress and could worsen the situation. In assessing difficult situations, providers often choose to protect health information.

If you are over age 18, you can decide whether or not to authorize the sharing of health information with your parents or a trusted adult and, if so, what information you are willing to share. Consider completing an authorization form before you leave for school so that your parents or a trusted adult can help you if you experience a mental health challenge. If you have an existing mental health condition and value your parents' or another trusted adult's support, it is especially important to consider completing an authorization form. And remember, you retain the right to revoke your authorization at any time.

Two federal laws regulate when information included in your student education records and health information may be shared with your family or others. The Family Educational Rights and Privacy Act (FERPA) protects information in your student education records. The Health Insurance Portability and Accountability Act (HIPAA) protects your health information.





LAWS AND RULES ON HEALTH PRIVACY[5]

Family Educational Rights and Privacy Act (FERPA)

What does FERPA apply to?	FERPA applies to student education records including records kept in college counseling and health clinics
What protection does FERPA provide?	FERPA prohibits colleges from sharing information in student records with parents, with narrow exceptions such as: ■ In a health or safety emergency ■ If parents document that the student is claimed as a tax dependent ■ With written authorization from the student
Can I sign a FERPA authorization form allowing my parents or others to access my education records?	Yes, FERPA authorization forms are offered by most colleges online or through the office of the Academic Dean. *Note:* FERPA authorization forms do not permit clinicians to share protected health information. That requires you to complete an authorization form, such as the one included with this guide.
Are there state laws and other rules that protect my records kept in the campus counseling center?	Yes, mental health providers working in campus counseling centers may also be subject to state laws and professional licensing rules that are more restrictive than FERPA. *Note:* These laws and rules may restrict mental health professionals from communicating with parents. Your written authorization is important if you want your mental health provider to share information with your parent, such as if you experience a serious situation or a mental health crisis.

[5] *Mental Health Care in the College Community.* Edited by Jerald Kay and Victor Schwartz © 2010 John Wiley & Sons, Ltd. (Book Chapter 7: Karen Bower, J.D., and Victor Schwartz, M.D. *Legal-Ethical Issues in College Mental Health*).

Health Insurance Portability and Accountability Act (HIPAA)

What does HIPAA apply to?	HIPAA applies to health information kept by health care providers outside of the campus community, such as: ■ community psychiatrists ■ therapists and counselors ■ campus-based university hospitals
What protection does HIPAA provide?	HIPAA prohibits the sharing of your health information with your parents except: ■ In a health or safety emergency ■ When an individual presents a threat of harm to self or others ■ With verbal or written authorization from the student
Can I sign a HIPAA authorization form allowing my parents or others to access my health information?	Yes, this guide includes an authorization form for you to use to disclose information to others. You also have the right to access your health information, although psychotherapy notes are generally not disclosed. *Note:* HIPAA does not allow psychotherapy notes to be shared unless an authorization form specifically authorizes the disclosure. Even then, therapists may refuse to disclose therapy notes.
Are there state laws that cover my health information?	Maybe; some states have laws that are more restrictive than HIPAA. However, a signed authorization should permit disclosure. Unlike FERPA and student education records, parents are not permitted to access health information by showing that they claim you as a tax dependent.

By discussing these issues with your parents or a trusted adult and planning ahead, you can make thoughtful and informed decisions about sharing mental health information instead of having to decide when a mental health condition develops or worsens and the stakes may be considerably higher. With an understanding of health privacy laws and rules and the circumstances in which colleges can communicate with your parents, you are better equipped to have an informed conversation about information-sharing.

As you consider whether you want to authorize your parents or a trusted adult to have access to protected health information, keep in mind the following:

- Your school must have verbal or written authorization before disclosing health information to your parents or others unless there is a serious or imminent threat of harm to self or others and under other narrow exceptions.

TYPICAL SCENARIOS INVOLVING HEALTH PRIVACY

- Parents call a college counselor who is working with their son to say that, on his last phone call home, he sounded down and has not returned texts or calls for three days. They are worried. HIPAA and FERPA do not limit the ability of families to reach out to treating providers. Families may also send documents to the counselor or college administrators with their concerns. They may also ask for the college to check in with the student. The counselor is likely to tell the student that the parents called and that they are worried about the student. However, without authorization, the counselor may not respond with specific or detailed information, but they may listen to the family and often do. The counselor may, however, discuss certain topics or information with the family if the student has authorized the counselor to do so. *(MORE ON NEXT PAGE)*



- A mother receives a call from her child's roommate, who says she is worried about the student; she is not going to class, rarely leaves the dorm room and is not doing well. The parent calls the dean of students and leaves a message, then calls the counseling center to find out if her daughter is receiving services and to get help. Without authorization, the dean and counseling center will likely not share any details about the student with the family but may talk with the family with general information. School staff and administrators are likely to look into the welfare of the student. However, if they do not believe that the situation involves an emergency or an imminent threat of harm to self or others, they will likely not share information about the student with the family without approval from the student.



- A student is talking with a therapist in the counseling center and shares that he is having suicidal thoughts. The therapist expresses concern and asks for permission to contact his family. The student agrees, and they call his mother together to tell her about what is happening. If the student had not agreed, then the counselor would have had to decide whether the circumstances allowed her to contact the student's family. If the counselor decides to contact family, the student should be informed that this is going to happen unless the counselor believes that this step would be dangerous.

- A student stops coming to class, and her grades are slipping fast. Several people on campus know about these circumstances, including friends and college faculty. However, the family may not know, and schools are not obligated to tell the family despite the fact that this behavior may be a warning sign that the student is experiencing a mental health challenge. Privacy laws also prevent schools from sharing information about a student's academic performance without a student's consent.



- Your school may offer an authorization form for releasing health information on its website. If it does, use the school's form. If not, use the form included with this guide.
- You may specify what types of health or mental health information you authorize for disclosure (and to whom) on an authorization form. You can authorize sharing of very limited information or more mental health information.
- A new authorization form must be completed each year. If you like, you may authorize sharing for a time period of less than one year.
- Complete an authorization form before you leave for school and submit your form to the student counseling or health center so they have it on file. You and your parents or trusted adult should also keep copies.
- If you receive treatment from a community mental health clinic, hospital or off-campus mental health provider, you must sign a new authorization form for providers to be permitted to talk with your parents or other trusted adult.
- Because failing grades or academic probation can be a warning sign of distress, substance use or a mental health condition, you should also discuss completing an authorization form for releasing academic information. However, a FERPA release related to academic information does not authorize the sharing of your health information.





KEY TAKEAWAYS



Starting a family conversation about mental health is beneficial for everyone. Conversations allow you to plan for what to do if you or someone you know experiences distress or a mental health condition—or if an existing condition gets worse. Remember these key points:

- College is an exciting time in life and an important time to maintain self-care and find ways to manage stress.
- Mental health conditions are common among college students.
- Know the common warning signs and what to do if you experience one or more.
- If you need help, reach out. You are not alone, and help is available on campus and in the community.
- Decide what information you want shared with family and trusted friends and be proactive about letting your school know.



AUTHORIZATION FOR RELEASE OF HEALTH INFORMATION

Information about you and your health is personal, private and protected. This information may be released only with your written authorization and may be disclosed only for the purposes described below unless there is a serious or imminent threat to the health and safety of you or others. This form provides that authorization and helps make sure that you are properly informed of how this information will be used or disclosed.

PLEASE READ THE INFORMATION BELOW CAREFULLY BEFORE SIGNING THIS FORM.

I, or my authorized representative, request that health information regarding my care and treatment at _____ be released to the party(ies) named below.
(college or university)

ALL SEVEN SECTIONS MUST BE FULLY COMPLETED

1. Name of person whose information will be released: _____
   Date of Birth: ___ /___ /___
   Address: _____
   _____

2. Requested information to release (initial all that you authorize release of):
   __ Attendance (appointments scheduled and met; date of service)
   __ Treatment (diagnosis and recommended treatment)
   __ Safety concerns (level of danger to self and others)
   __ Alcohol and other drug use
   __ Written mental health records
   __ Treatment summary
   __ Academic-related issues
   __ Billing records
   __ Other: _____
   _____
   _____

3. Name(s) and Address(es) of person(s) who will be receiving this information:
   _____
   _____
   _____
   _____

4. Expiration date: This authorization automatically expires 365 days from today's date, unless an earlier date or event is specified: _____
   _____

5. I understand:
   - What this release says and means. I had a chance to have my questions answered, and I voluntarily agree to this release.
   - Information shared based on this release may be further shared by the person receiving the information and will no longer be protected by state or federal confidentiality laws.
   - I have a right to a copy of this release.
   - I may view or get a copy of any health information or education records subject to this release.
   - I may refuse to sign this release. My refusal will not affect my ability to obtain present or future treatment, payment, enrollment or eligibility for benefits or educational services from the disclosing entity.
   - The authorization provided through this form means that the organization, entity or person authorized can disclose my protected health information to the organization, entity or person identified on this form, including through the use of any electronic means.

Signature: _____ Date: _____

Witness: _____ Date: _____





RESOURCES

NAMI

- www.nami.org

NAMI on Campus Clubs

- http://www.nami.org/Get-Involved/NAMI-on-Campus/NAMI-on-Campus-Clubs

The Jed Foundation (JED)

- www.jedfoundation.org

Other JED Programs

- *JED Campus:* www.jedcampus.org/
- *Ulifeline:* www.ulifeline.org/
- *Half of Us:* www.halfofus.com/
- *Love is Louder*
- *Set to Go:* settogo.org/

Active Minds

- www.activeminds.org

Substance Abuse Mental Health Services Administration (SAMHSA)

- www.samhsa.gov/school-campus-health

U.S. Department of Health and Human Services (HHS): health information privacy and HIPAA

- www.hhs.gov/hipaa/index.html

U.S. Department of Education and HHS: Joint Guidance on FERPA and HIPAA and student health records

National Institute of Mental Health (NIMH)

- www.nimh.nih.gov/health/publications/depression-and-college-students-new/index.shtml

More Information about HIPAA and FERPA

- *Student Mental Health and the Law*
- *Supporting Students: A Model Policy for Colleges and Universities*



www.nami.org

3803 N. Fairfax Drive, Suite 100
Arlington, VA 22203

Main Phone: 703-524-7600
NAMI HelpLine: 800-950-6264

Facebook: NAMI
Twitter: NAMICommunicate
Instagram: NAMICommunicate
Tumblr: notalone.nami.org ■ ok2talk.org



www.jedfoundation.org

6 East 39th Street, Ste. 1204
New York, NY 10016

Main Phone: 212-647 7544

Facebook: jedfoundation
Twitter: jedfoundation
Instagram: jedfoundation
YouTube: jedfoundation