



SET TO GO

A JED PROGRAM

**Are you ready
for college?**

Take action to get Set to Go!

LEARN

- › About putting college into perspective and adjusting to life after high school: settogo.org
- › About what you can do to prepare from real first-year college students through [Preparing for College: The Mental Health Gap*](#)

PREPARE

- › Discuss the privacy of your mental health information with your parents or guardians using [Starting the Conversation: College and Your Mental Health*](#)
- › Take steps to transition any mental health care you may currently receive using our [Transition of Care toolkit*](#)
- › Explore your new school's counseling resources and other mental health information before you arrive on campus

SPREAD THE WORD

- › Follow, like, forward, share, tweet, comment, and post!

#JEDsettogo

 facebook.com/jedfoundation

  [@jedfoundation](https://twitter.com/jedfoundation)

* You can also find these resources at settogo.org/tools

Most first-year college students wish they had been better emotionally prepared for the transition to college and life after high school. **Set to Go** was created to help! The program focuses on five key areas of knowledge and skill development to help you get set to go:

- › Putting college in perspective
- › Basic life skills
- › Social and emotional skills
- › Mental health and substance abuse literacy
- › The transition to college life

Learn more: settogo.org

More JED Resources:

JED's Mental Health

Resource Center: jedfoundation.org/help

JED Campus: jedcampus.org

ULifeline: ulifeline.org

Half of Us: halfofus.com

Love is Louder: loveislouder.com

Seize the Awkward: seizetheawkward.org



jedfoundation.org