

MENTAL HEALTH

RESOURCES FOR FIRST- GENERATION COLLEGE STUDENTS

FIRST-GEN STUDENTS FACE
UNIQUE OPPORTUNITIES AND
CHALLENGES ON THEIR JOURNEY
IN COLLEGE AND BEYOND

FIRST-GENERATION COLLEGE STUDENTS INCLUDES THOSE STUDENTS WHO COME FROM FAMILIES WHERE THEIR BIOLOGICAL PARENTS DID NOT COMPLETE A FOUR YEAR DEGREE. IT MAY ALSO INCLUDE STUDENTS WHOSE PARENTS RECEIVED A FOUR YEAR DEGREE OUTSIDE THE UNITED STATES.

INHERITORS: USE INSIGHTS GAINED FROM FAMILY MEMBERS WHO HAVE GONE BEFORE

OPPORTUNISTS: CREATE A VILLAGE OF MENTORS TO GET THROUGH

OUTSIDERS: FORGE THEIR OWN PATH AS TRULY THE FIRST TO ATTEND COLLEGE IN THEIR FAMILY

FIRST IN FAMILY - FISH OUT OF WATER

NO GUIDANCE/ROLE MODEL

"YOU DON'T KNOW WHAT YOU DON'T KNOW"

DIFFICULTY ASKING FOR HELP

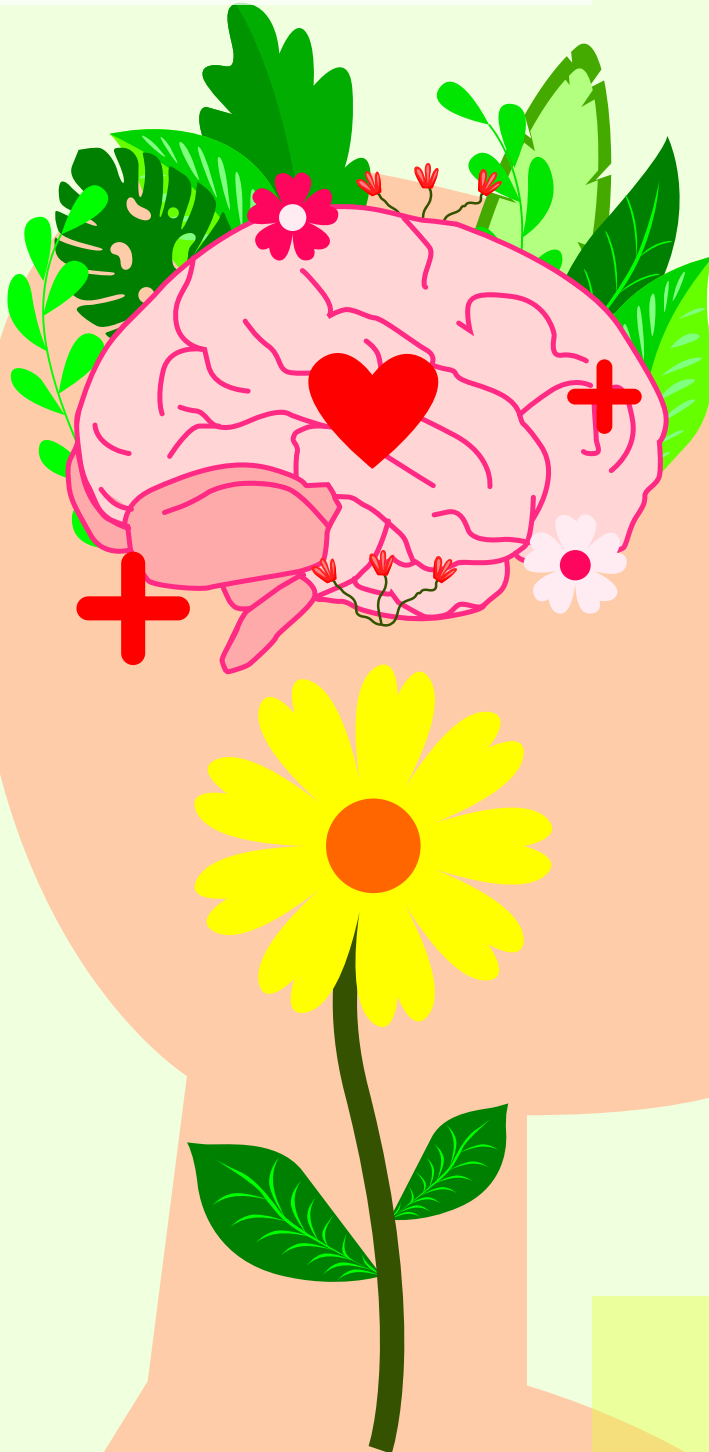
ISSUES OF CONNECTION AND BELONGING

MENTAL AND EMOTIONAL HEALTH CONCERNS

CHALLENGES TO IDENTITY

ISSUES OF FINANCIAL LITERACY AND PRESSURE

PRESSURE TO HAVE IT ALL FIGURED OUT



MENTAL HEALTH

RESOURCES FOR FIRST- GENERATION COLLEGE STUDENTS

PRACTICAL TIPS FOR EVERYDAY WELL-BEING

MENTAL HEALTH IS JUST AS IMPORTANT AS PHYSICAL HEALTH. IT AFFECTS HOW WE THINK, FEEL, AND ACT. WHEN YOU FEEL OVERWHELMED YOU CAN USE COPING SKILLS LIKE DEEP BREATHING, GROUNDING, MINDFULNESS, EXERCISE, AND OTHER ACTIVITIES THAT **SOOTHE YOU**.

“YOU HAVE TO TAKE CARE”: THIS INVOLVES SELF-CARE, COLLECTIVE CARE, AND SOUL CARE. TRY TO AVOID ENGAGING IN NUMBING BEHAVIORS. DOING SO CAN HELP **REDUCE STRESS** AND **IMPROVE YOUR MOOD**.

CONNECT WITH OTHERS. HAVING A SUPPORT SYSTEM IS CRUCIAL FOR GOOD MENTAL HEALTH. REACH OUT TO FRIENDS, FAMILY, CAMPUS AND COMMUNITY SUPPORT IF YOU NEED TO TALK OR RECEIVE GUIDANCE. **CHECK OUT OUR SERVICES AT SINDECUSE!**

<https://firstgen.naspa.org/>

