



Saving lives and creating stronger communities, one family at a time.

Mary's Center School Based Mental Health Post-Graduation Wellness Plan

Student Full Name	
DOB	
Insurance Name and Number	
Post-Grad Plans (city and state, work, college, live at home, live independently)	
Name and Location of Post-Secondary Education Program (if applicable)	

If you are attending college, what do you know about wellness services offered there?

- If you plan to continue with therapy, does your college offer on-site counseling?
- Is counseling free? If so, is there a limit to how many visits are free?
- Does the location accept your insurance?
- Is there a hotline for mental health emergencies?



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If you're not pursuing college and want to continue therapy after high school, please consider:

- What type of insurance do you have?
- What days and times of the week are you available for appointments?
- Do you have any preference for your new therapist such as location, language, gender, or expertise?
- How will you get to your new appointments?
- Would you like your current therapist to come with you to your first session?

Regardless of your post-graduation plans, what are three steps you can take to keep yourself well and cope with stress in a healthy way?

- 1.
- 2.
- 3.

What are some signs a mental health crisis might be approaching, and how can you get ahead of the crisis?

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Who are some people I can contact for support? (Tip: save emergency numbers into your cell phone!)		
Name	Relationship/Description	Number
National Suicide Prevention Hotline	24/7 confidential and free support www.suicidepreventionlifeline.org	1-800-273-TALK (1-800-273-8255)
CPEP Mobile Crisis Unit	DC residents only, adults 18+ www.dbh.dc.gov/service/emergency-psychiatric-services	202-673-9319
1-800-RUNAWAY	For emergency same-day housing, up to age 21 www.1800runaway.org	1-800-RUNAWAY (1-800-786-2929)
Here please list what else you need to feel prepared for the transition out of high school. Think of people in your life who can help you accomplish these tasks.		
Task	Who owns?	Completed!

Congratulations on taking this important step toward planning your future. Mary's Center is always a resource for your future health and wellness needs!

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