

Tools For School: Accommodations for College Students with Mental Health Challenges

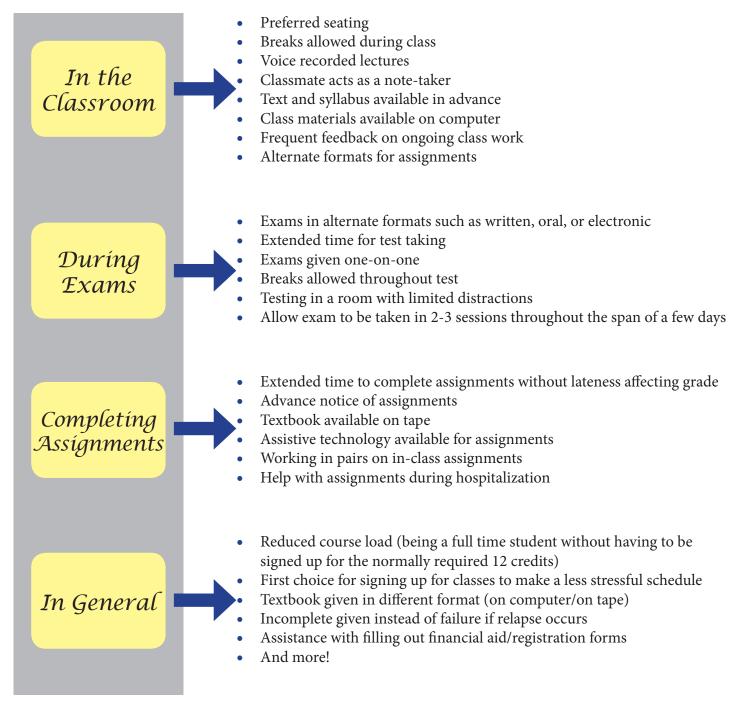
Tip Sheet 2

TRANSITIONS RTC

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If you are having trouble with school due to mental health, your school is obligated to provide extra supports and services to help you succeed. These supports and services are called accommodations and they can make a difference! Your school may also make some modifications to the courses at your request.

What Accommodations or Modifications Can I Ask For?



How Do I Get Accommodations?

- 1. **Find the disability services center** on your campus (typically called "disability services"). If there is no disability services center on your campus you can find out through your school's student support services whom to contact. Set up a meeting with someone there to find out about services.
- 2. **Get a signed note** from your psychiatrist or doctor that says what mental health condition you have (some schools may require different types of documentation). Only provide the minimum medical information that the school requires in order for you to qualify. Bring the note to disability services.
- 3. **Tell the person at disability services** what accommodations you feel you need. You can go to your doctor or others to get suggestions on what accommodations would work for you.
- 4. **Decide.** Someone at disability services will use the accommodations suggested to approve the services and modifications.
- 5. Notify teachers. Depending on the school, you or the disability services staff will provide your professors with your accommodation letter. The accommodation letter will not disclose your specific diagnosis, but will state that you have a disability that entitles you to receive modifications.
- 6. **Revise.** You can go back and make changes to your accommodations at any time. You may need different ones depending on the classes you take.

What About Confidentiality?

You will have to tell disability services about your mental health. Check with them about their privacy policy as this varies by school, but most will assure confidentiality at your request. Your teachers will know you have a documented disability, but that's all.

References:

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