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!
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   facebook.com/jedfoundation
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* 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

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