

# Navigating Next Steps Mental Health Checklist

## Mental and Physical Healthcare Navigation

- Insurance:** Teach your young adult how to use their insurance information, make doctor's appointments and how to navigate medical portals.
- Medical History:** Share your young adult's detailed medical history in a Word document including vaccination records as well as a medical history for both biological parents and grandparents if available. Practice using a form downloaded from a medical portal. Take a picture of the document and save it in your phone and your young adult's phone.
- Medication:** Make a list of your young adult's prescription/over-the-counter (OTC) medication and save a copy on both phones.
- Local Resources:** Investigate campus mental and physical health services and local resources including pharmacy options where your child will be living post high school graduation. Find referrals for a psychologist/counselor, psychiatrist, internist, dentist, and gynecologist plus any known specialists needed in advance.
- OTC Medicine/First Aid:** Review over the counter medicine and first aid kit basics with your young adult and send a kit with basics with your young adult to keep in a dorm room or apartment. Restock during semester breaks or semi-annually.
- Telehealth:** Learn about available Telehealth mental health and physical health services through your young adult's insurance or campus services. Bookmark these websites on laptops and phones so they are easy to find when needed.

## Building Community and Emergency Network

- Exchange **roommate/suitemate** first and last names along with parent names, home addresses, cell numbers and emails and save in both phones.
- Record **dorm/apartment** name, physical address, and RA/building manager's contact info in both phones.
- Create a list of **local friends/family + bonus parents** and record all contacts in both phones.
- Make a list of **trusted adult contacts** in your young adult's phone including clergy, high school teachers, coaches and keep this list in your phone as well.
- Know the name, address, phone number, and supervisor's name of your young adult's **job or internship** for emergency purposes only.
- Put local **urgent care/ER/hospital** contacts in both phones.
- Save **mental health and safety hotline numbers** in phones along with local law enforcement numbers in both phones.
- Identify campus safety department and add phone numbers to both phones.

## Sexual Health/Substance Abuse/Consent

- Discuss **contraceptive options** with your young adult.
- Teach your young adult about **consent** and remind them about how to ask for help if needed.
- Talk with your young adult about **substance abuse warning signs**.
- Advise your young adult about the need to report rape or sexual misconduct from peers, faculty, or supervisors to local police and appropriate campus department.

## Important Forms, Documents, and other Information

### Create these forms when your child turns 18:

- Healthcare Power of Attorney/Health Care Proxy
- Financial Power of Attorney/Durable Power of Attorney
- HIPAA Release Form and mental health practitioners

### Make copies/take photos of:

- Passports
- Driver's license
- Insurance cards
- Student IDs and Work IDs
- Keep both soft and hard copies in an easy to find place
- Keep YOUR passport current

### Record user IDs and passwords for:

- Student campus learning portal
- Medical portals for young adult's physical and mental health practitioners

# Navigating Next Steps Mental Health Checklist

## Mental Health Crisis Safety Plan

Identify my mental health struggle warning signs.

---

---

---

---

---

Identify my mental health coping strategies and activate them.

---

---

---

---

---

Access my mental health support system/List my top 4 support people.

---

---

---

---

---

Contact mental health professional and emergency services/List my local resources.

---

---

---

---

---