

# MAY RESOURCE

## Supporting Mental Health During Transitions



**MENTAL  
HEALTH  
AWARENESS  
MONTH**

### Why Transitions Matter

Transitions are a normal part of life, but they can bring stress and uncertainty—especially when routines and supports change. For youth and young adults with disabilities, planning ahead and having support can make these changes more manageable and set the stage for success.



## RESOURCES



### **RAISE GUIDE ON DISABILITY, MENTAL ILLNESS, AND TRANSITION**

Highlights the intersection of mental illness and disability during transition.



### **CHALLENGES FOR TRANSITION AGE YOUTH WITH MENTAL ILLNESS WEBINAR**

Covers how to overcome challenges for transition age youth with disabilities and mental illness.



### **NATIONAL ALLIANCE ON MENTAL ILLNESS**

NAMI is the go to resource center for mental health support with resources for youth/young adults and access to programs and services.

**Take things one step at a time, stay connected, and reach out for support when you need it!**