



APRIL 2025

COLLEGE & POST-SECONDARY

RESOURCE GUIDE



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Did You Know?

- 35% of parents have serious concerns about their ability to cope with their children's learning issues
- 66% of parents think that kids with learning disabilities are bullied more than other kids
- Only 37% of young adults with autism have paid employment
- 40% of youth with autism have attended college

About This Guide:

This guide was created by the **Community Resource Center** at Northeast Arc. We recognize that not every program on this topic may have been highlighted here. Services and programs are constantly changing. This is meant as an overview of services available to people in Northeastern, Massachusetts. We may update these resource guides periodically; if you know of a resource that can be highlighted here, please reach out to us at CommunityResourceCenter@ne-arc.org





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Change in Disability Services



LAWS

IDEA (Individuals with Disabilities Education Act), Section 504 of the Rehabilitation Act, and Title II of the Americans with Disabilities Act.

Student success is key!

LAWS

Title II of the ADA (Americans with Disabilities Act) and amendments, Fair Housing Act, and Section 504 of the Rehabilitation Act.

Equal access is key!

RESPONSIBILITY

The school and school district is responsible for addressing disability related needs and accommodations.

RESPONSIBILITY

The student is responsible for self-disclosing disability related needs and requesting accommodations. The Office of Accessibility Resources takes action when the student directly addresses their needs.

PARENTS

The parent(s) can engage with school staff about the student without the student's consent or presence.

PARENTS

The parent(s) should advise and encourage the student to self-advocate, but **only** the student can share accommodation concerns with college staff and faculty, and needs to give legal permission to share info.

TEACHERS

- Modify expectations, rigor, or content of curriculum.
- Allow assignments to be submitted late or tests to be retaken with little to no penalty.
- Provide missed information due to absence.

FACULTY

- Ensure that accommodations are implemented. Instructors are not required to:
- Lower or change essential course requirements.
 - Allow retesting or late assignment submissions.
 - Provide missed information due to absence.

HIGH SCHOOL STUDENTS

Participate in free, appropriate public education.

COLLEGE STUDENTS

- Engage in the interactive process. Notify professors of approved accommodations (as needed).
- Understand how accommodations apply based on course expectations.

Source HPU University



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MAIPSE-affiliated Schools

About MAIPSE

MAIPSE provides opportunities for people with severe disabilities who are 18 and over to attend public colleges and universities in Massachusetts. All public colleges and universities in Massachusetts must have the resources available to support students with intellectual disabilities on their campuses.

MAIPSE used to be called MAICEI (Massachusetts Inclusive Concurrent Enrollment Initiative). With MAIPSE, people with intellectual disabilities, autism, and other developmental disabilities who have exited school without a diploma or meet the criteria to include college in their transition services, can participate in college as non-matriculated students.

Students participating in MAIPSE are fully included in the campus community as they develop their capacities in career planning and employment, self-advocacy, and other self-determined abilities that support their postsecondary interests and activities.

Source: Think College



**Massachusetts Inclusive
Postsecondary Education**

MAIPSE

Berkshire Community College

<https://berkshirecc.smartcatalogiq.com/en/current/catalog/policies/admissions/students-with-disabilities/>

Bridgewater State University - EXCEL Program

<https://www.bridgew.edu/academics/EXCEL-program>

Bristol Community College

<https://bristolcc.edu/learnatbristol/prepareforcollege/maicei/>

Cape Cod Community College

<https://www.capecod.edu/massachusetts-inclusive-higher-education/>

Fitchburg State University

<https://www.fitchburgstate.edu/academics/massachusetts-inclusive-postsecondary-education-maipse-program>

Framingham State University - Diverse Scholars Program

<https://www.framingham.edu/academics/academic-success/center-academic-success-and-achievement>

Greenfield Community College

<https://www.gcc.mass.edu/ds/>

Holyoke Community College

<https://www.hcc.edu/courses-and-programs/disability-and-deaf-services/maipse>

Massachusetts College of Art and Design - Aspire@MassArt

<https://massart.edu/academics/academic-support/aspiremashart/>



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MAIPSE-affiliated Schools

Massachusetts College of Liberal Arts

<https://www.mcla.edu/student-services/disability-resources/index.php>

Massasoit Community College

<https://massasoit.edu/student-services/dean-of-students/academic-resource-center/maicei/>

MassBay Community College - Transitional Scholars Program

<https://www.massbay.edu/student/support-services/transitional-scholars>

Middlesex Community College - RISE Scholars

<https://www.middlesex.edu/students/sass/risescholar.html>

Northern Essex Community College

<https://www.necc.mass.edu/academics/academic-support-services/center-for-accessibility-resources-services/ma-inclusive-concurrent-enrollment-initiative-maicei-program/>

Quinsigamond Community College

<https://www.qcc.edu/support/specialized-support/student-accessibility-services>

Salem State University - Community of Inclusive Scholars

<https://www.salemstate.edu/cis>

UMass Amherst - UMass Inclusive Learning

<https://www.umass.edu/disability/UIL>

UMass Boston

<https://umassmedia.com/21615/news/introducing-the-umass-boston-maicei-program/>

UMass Lowell

<https://www.uml.edu/student-services/disability/>

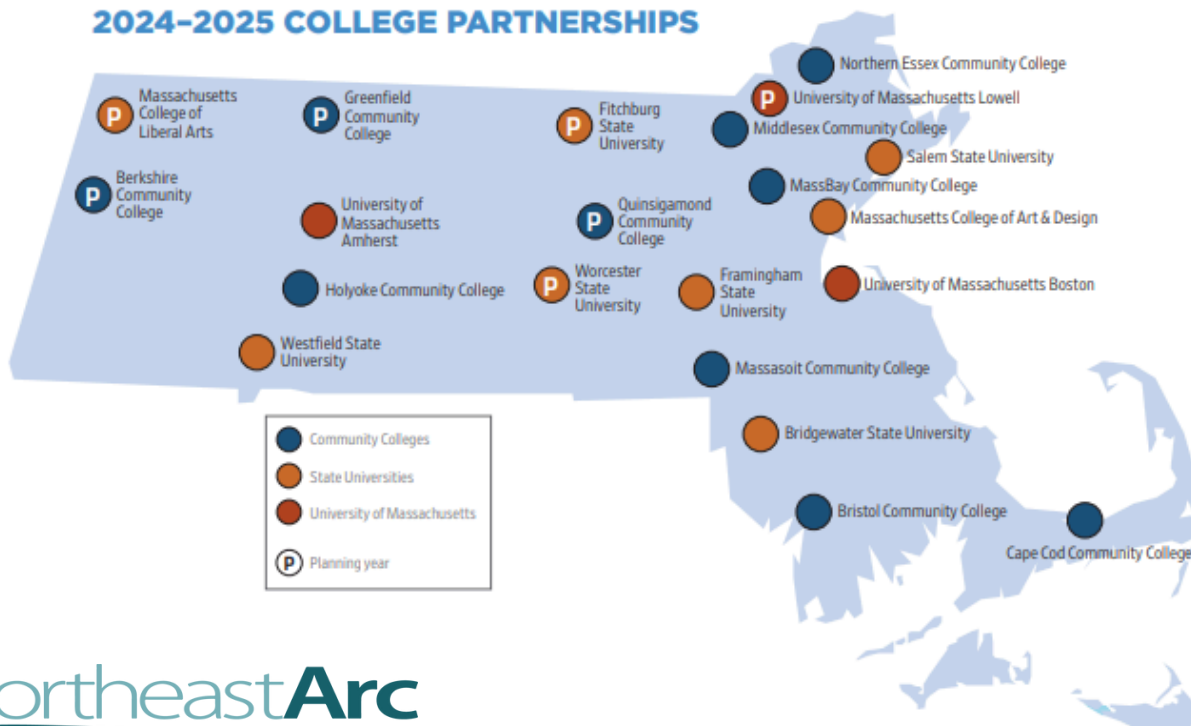
Westfield State University

<https://www.westfield.ma.edu/offices/academic-affairs/inclusive-concurrent-enrollment-initiative-icei>

Worcester State University

<http://worcester.edu/campus-life/student-services/student-accessibility-services/prospective-students-parents/>

2024-2025 COLLEGE PARTNERSHIPS





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College and Post-High School Opportunities

Berklee Institute for Accessible Arts Education (BIAAE) - Boston, MA

<https://college.berklee.edu/BIAAE>

The BIAE offers three categories of programs: Arts education for individuals with disabilities of all ages participating in our arts education programs; one-of-a-kind graduate degree programs and courses in teaching music education and autism to students with disabilities; and a clearinghouse of workshops, conferences, consultations, resources, and professional development for those already working in the field to advance their knowledge, skills, and expertise.

College Internship Program (CIP) Berkshire - Lee, MA

<https://cipworldwide.org/cip-berkshire/>

College-age young adults with autism, ADHD, and other learning differences at CIP Berkshire may choose to pursue a course of study at a partner school like Berkshire Community College or Massachusetts College of Liberal Arts, receiving individualized support and direction from CIP Berkshire's academic support team. Students will also enjoy fun outings and activities with other students, fully furnished apartments, resume development, job coaching, and other aspects of campus life with the help of experienced staff and a supportive cohort of classmates.

Colleges for students with Learning Disabilities, ADHD, and other disabilities

<https://www.concordspedpac.org/Colleges-Disabilities.html>

A comprehensive list of schools in the Northeast with 2-4 year programs for people with disabilities, details on schools' accommodations capabilities, and other relevant info for incoming students.

Curry College's Program for Advancement of Learning (PAL) - Milton, MA

<https://www.curry.edu/academics/program-for-advancement-of-learning>

PAL provides support to college-ready students who have language-based learning disabilities, executive function challenges, or ADD/ADHD with average to superior intellectual ability. Students in the PAL program are fully integrated into their Curry classes and receive additional support on a proactive basis. Students work in individual and/or small classes with a PAL faculty member developing strategies in areas such as reading comprehension, written language, speaking, listening, organization, and time management.

Curry College's Social Achievement in Learning (SAIL) Program - Milton, MA

<https://www.curry.edu/academics/academic-student-resources/social-achievement-in-learning-sail-program>

The Social Achievement in Learning (SAIL) program is designed for academically capable full-time, undergraduate Curry students with neurodiverse profiles. Students are provided with social coaching, transitional assistance, self-advocacy support, and sensory-friendly housing. The SAIL team includes a Speech Language Pathologist and a Wellness Coordinator, along with Community Directors with specialized training in ASD. Students also benefit from assistance in skills such as understanding social cues and nonverbal communication, socialization with peers, and the process of completing academic work.



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College and Post-High School Opportunities

Dean College's Arch Learning Community - Franklin, MA

<https://www.dean.edu/support-success/student-services-resources/learning-support-services/arch-learning-community/>

The Arch Learning Community at Dean College is designed to provide comprehensive support to students with diagnosed learning disabilities and/or other learning differences who would benefit from additional academic support while studying in a traditional college curriculum. The Arch Learning Community provides support for learning disabilities and developmental disabilities, academic coaching, designated Arch courses, specialized academic advising, and customized Arch student orientation.

Dean College's Engage Program - Franklin, MA

<https://www.dean.edu/support-success/engage-program/>

The Engage Program offers tailored social support and skill-building opportunities for incoming students. The program welcomes both students with self-reported support needs and those who are neurodivergent.

Landmark College College START - Online

<https://www.landmark.edu/academics/lc-online/program-information-for-students/online-college-start>

College START is a fully online program from Landmark College for students who benefit from academic support and building social skills.

Lesley University Threshold Programs - Cambridge, MA

<https://lesley.edu/academics/threshold-programs>

The Threshold Programs at Lesley University are designed to provide neurodiverse individuals with the independent living and working skills they need to live strong, independent lives. Includes the Core Program: a 2-year, on-campus, residential, certificate-bearing program, the Bridge and Transition programs designed to support transition to independent life, the Lifelong Support Program to support neurodiverse individuals regardless of past participation status, and an Alumni Center providing ongoing social and other support to graduates.

Merrimack College Activate Program - North Andover, MA

<https://www.merrimack.edu/academics/academic-success-center/accessibility-services/our-programs/the-activate-program/>

Activate is open to students who identify as being neurodiverse. The program offers 1 to 1 Success Coaching with weekly check-ins to help navigate the social landscape of college, workshops, and many social events. Students can also work on-campus as a peer mentor at DREAM (Disability Rights Education Activism and Mentorship).

MIND@Berklee Neurodivergent Program - Boston, MA

<https://www.berklee.edu/accessibility-resources/berklee-neurodiversity-program>

Through engaging social events, specialized programming, one-on-one coaching, faculty and staff training, and the Boston pre-orientation program, MIND works to amplify neurodivergent culture and identity, ensuring that every student's unique strengths are embraced and valued.



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College and Post-High School Opportunities

Northshore Education Consortium EMBARK - Salem, MA

<https://www.nsedu.org/schools/transition-programs/embark>

EMBARK serves post-secondary young adults age 18 to 22 with learning delays and/or intellectual disabilities who have a desire to continue their education beyond high school. The goals of EMBARK are to enable young adults to be independent in living and traveling in the community, while assisting them in career development and internships or employment in local businesses and organizations. The components are integrated and together contribute to the successful transition of each student to achieve independent life skills across settings.

Project SEARCH @ Northern Essex Community College - Haverhill, MA

<https://www.opportunityworks.org/programs-services/#project-search>

Project SEARCH is a business-led internship program that prepares people with intellectual and developmental disabilities to secure integrated, competitive employment. Project SEARCH came to the NECC campus in 2014 in partnership with provider agency Opportunity Works, integrating campus life and learning with vocational development. Since then, their internships have grown from working with 10 departments to over 30.

Our Speaker Today!

Vinfen Gateway Arts Planning for a Career in Art after High School - Brookline, MA

<https://gatewayarts.org/services/transitional-planning/>

This service is an opportunity for individuals to cultivate pre-vocational skills, enhance their self-esteem, and transition successfully to a career in the arts. Artists interested in the program must be at least 18 years of age, in school or post graduation, and exploring art as a career option. Previous training is not required, but a strong interest in art and the ability to work within a shared studio environment with other artists is necessary.

Westfield State University Banacos Academic Center - Westfield, MA

<https://www.westfield.ma.edu/academics/academic-support/learning-disabilities-program>

The Banacos Academic Center offers, through Disability Services and collaboration with the CARE Center (Course Achievement, Retention, and Engagement), a tailored academic strategies for all students. Additionally, the Banacos Center proudly houses our admissions-based Learning Disabilities Program. The LDP is for incoming first-time, first-year students with a primary or secondary diagnosis of a learning disability and/or ADHD and is completely free. Students meet weekly with a Program Advisor to discuss time management and self-advocacy, academic advisement and monitoring of progress, and early course registration for first-year and sophomore students.

Our Speaker Today!



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Mentoring & College Navigation

Easterseals College Navigator - Statewide

<https://www.easterseals.com/ma/programs-and-services/college-navigator/>

Provides individualized services to college students with disabilities based on their goals, strengths, and needs. Our College Navigators assist students in identifying barriers, advocating for the student's needs, and accessing college services and resources to successfully reach graduation. Services are delivered in person, virtually, or blended to meet the student's needs.

Focus Collegiate - Boston, MA

<https://www.focuscollegiate.com>

Supports college students with unique learning profiles in the areas of academic independence, executive functioning, life balance, motivation & decision-making and social integration while they are on campus or virtually. We help students transition to independence using their college experience as a metaphor for life. We promote student success both in the classroom and beyond. Now enrolling students for Summer Cohort and Fall Semester 2025!

Mass General Brigham Aspire Teen Programs - Lexington, MA

<https://www.massgeneral.org/children/aspire/teen-adult>

Aspire's year-round programming for teens, ages 14 to 18 years old, helps adolescents on the spectrum develop positive self-awareness, stress management and social competency skills. Offers college coaching for students ages 16 and up both before college and once enrolled.

Northeast Arc Guided Personal Supports - Northeast Region, MA

<https://ne-arc.org/services/family-services-and-recreation/guided-personal-supports/>

College Navigation under Northeast Arc's Guided Personal Supports (GPS) program provides essential 1:1 coaching support for individuals entering college who are supported through the Department of Developmental Services (DDS).

The Network @ UMass Lowell - Lowell, MA

<https://www.uml.edu/research/autism/services/the-network.aspx>

The Network is a social networking program for neurodiverse adolescents and young adults aged between 18-30 years. The goal is to provide an opportunity to meet others and hopefully make connections. We meet at the beginning of the month in-person and in the middle of the month online and you can choose which meetings to come to.

Partners for Youth with Disabilities Mentoring - Greater Boston Area

<https://pyd.org/programs/mentoring/>

Matches work on goals relating to building positive and healthy relationships, community involvement, self-esteem, independent living skills, and educational/career skills.



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Mentoring & College Navigation

UMass Lowell Horizons for High School Students - Lowell, MA

<https://www.uml.edu/research/autism/services/horizons.aspx>

Horizons is a college preparation program for neurodiverse high school students (or recent high school graduates) who plan to go to college. The goal of Horizons is to help neurodiverse high school students have a better idea of what college will be like, to feel more confident about going to college, and to be more successful when they transition to college.

UMass Lowell Horizons Plus for College Students - Lowell, MA

<https://www.uml.edu/research/autism/services/mentoring.aspx>

Horizons Plus is a college success program for neurodiverse university students (e.g. autistic individuals, those with ADHD, learning disabilities) designed to support students as they navigate through their college degree. Students meet as a group online via Zoom with trained UMass Lowell student mentors to guide and support them through a semester at college. Students can also meet one-on-one with a mentor during the online meetings for individual support, or they can stay in touch outside meetings and after the program ends on their own Discord channel.

Support & Resources

Arc of Massachusetts

<https://thearcofmass.org/resources/>

Offers full lists of college-age transition-related topics including college and post-secondary education options, housing, independent living skills, managing finances, and more!

Autistic Self Advocacy Network (ASAN) Navigating College Handbook

<https://autisticadvocacy.org/resources/books/navigating-college/>

First-of-its-kind resource written by autistic adults for autistic college students exploring the various aspects of the higher education experience.

Federation for Children with Special Needs (FCSN) Real Transition & Information Center

<https://fcsn.org/realtransition/>

Provides families and professionals with information and resources about many other topics around postsecondary transition, including guardianship, alternatives to guardianship, supported employment, postsecondary education, and community living.

MassEdCo Educational Opportunity Centers

<https://www.massedco.org/programs-tools/educational-opportunity-center>

Offers assistance to low income and first-generation students. Book a free appointment at one of their centers, get help filling out the FAFSA, and more!

Massachusetts Advocates for Children Transition Ages 14-22 Services & Resources

<https://www.massadvocates.org/resources-transition>

Trainings, webinars, law resources for self-advocates going through transition.



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Support & Resources

Massachusetts Down Syndrome Congress (MDSC) Center on Inclusive Education

<https://mdsc.org/centers-of-excellence/center-on-inclusive-education/>

Collaborative between students with Down Syndrome, family members, and educators containing resource materials and recorded webinars to help with the postsecondary transition process.

Affording College for Students

Free Community College

<https://www.mass.edu/osfa/programs/masseducate.asp>

Massachusetts has one of the nation's most comprehensive free community college programs, with universal aid for tuition and fees, as well as financial resources for books, supplies, and other expenses for certain students.

Looking to go to a public university? Learn more about MASSGrant Plus

<https://www.mass.edu/osfa/programs/massgrantplus.asp>

If your family makes up to \$85,000 a year before taxes, you may be eligible for free tuition and no fees through MASSGrant Plus. Additionally, many students from middle-income families can get tuition and fees reduced by up to 50%.

Office of Student Financial Assistance

<https://www.mass.edu/osfa/programs/programs.asp>

For additional eligibility requirements, award amounts, deadlines, and a complete list of programs, visit the OSFA webpage.

MEFA Attainable Savings Plan

The official ABLE savings plan of Massachusetts, sponsored by the Massachusetts Educational Financing Authority and managed by Fidelity Investments. ABLE accounts allow persons with disabilities to save/invest in a tax-advantaged account for qualified expenses, including education and housing.

- **MEFA Attainable®**
<https://www.mefa.org/ways-to-save/mefa-attainable/>
- **Attainable®: the ABLE Savings Plan in Spanish (Attainable®: Plan de Ahorros ABLE)**
<https://www.mefa.org/webinar/attainable-the-able-savings-plan-in-spanish/>
- **ABLE Accounts and Social Security Benefits Working Together**
<https://www.mefa.org/article/able-accounts-and-social-security-benefits-working-together/>

Paying for College: Exploring Funding Sources for an Inclusive Postsecondary Education Program

<https://thinkcollege.net/resource/other-funding-sources/paying-for-college-exploring-funding-sources-for-an-inclusive>

A resource guide by Think College in English and Spanish, includes info on Medicaid waiver funds, vocational rehabilitation, IDEA funds, and other tips for paying for your education.



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Affording College for Students

Institute for Community Inclusion's Think College Scholarships for Students with Intellectual Disabilities (2025)

<https://thinkcollege.net/sites/default/files/files/resources/HTTC11%20Scholarships%202025R.pdf>

ICI's Think College creates yearly updated lists of scholarships for which students with intellectual disability are eligible to apply.

Scholarships for Students with Disabilities

<https://www.mefa.org/article/scholarships-for-students-with-disabilities/>

MEFA (Massachusetts Educational Financing Authority Resource Center) compiled seven scholarships dedicated to individuals with disabilities pursuing postsecondary education. Scholarships cap out at \$8,000, and some submission requirements include medical confirmation of a certain disability.

Student Training and Education in Public Service Scholarships and Resources for Students with Disabilities

<https://www.publicservicedegrees.org/financial-aid/scholarships/students-with-disabilities/>

A guide by STEPS highlighting 40 scholarships to help you reach your academic and career goals, including paths focused on public service such as teaching, law, nursing, and firefighting. Read on to find the funding sources that fit your individual goals and learn about professional resources, advocacy organizations, and opportunities for networking.

Amazon Future Engineer Scholarship & Internship

<https://www.amazonfutureengineer.com/scholarships>

Boost your future with an undergraduate degree in engineering or computer science with up to \$40,000 in college funding, paid internships, and industry mentors. GPA requirement 2.3.

BigFuture Scholarship Directory

<https://bigfuture.collegeboard.org/pay-for-college/scholarship-directory>

General directory of over 23,000 scholarships across the country open to all students by the College Board. Highlights include the Dell Scholars Programs, Coca-Cola Scholars Foundations, and more.

Cochlear Academic & Vocational Scholarships

<https://www.cochlear.com/us/en/home/ongoing-care-and-support/connect-with-us/scholarships>

Two scholarships are available for student cochlear implant recipients attending a traditional college/university or a technical, vocational, or trade school.

Dinah F.B. Cohen Fellowship

<https://pyd.org/ndmc/fellowship/>

The selected Fellow(s) will work closely with the Partners for Youth with Disabilities (PYD) team in this paid, part-time Fellowship position, create a customized project with supported planning and identified outcomes, and participate in National Disability Mentoring Coalition (NDMC) events. The selected Fellows will complete a paid fellowship. Upon successful completion of the fellowship, fellows will receive a \$1500 stipend.



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Affording College for Students

GEICO Changemaker Scholarship

<https://pyd.org/ndmc/scholarship/>

Partners for Youth with Disabilities is partnering with GEICO to award 10 college juniors and seniors with disabilities the GEICO Changemaker Scholarship of \$1,500 to support them in furthering their education goals. Fields of Business, Finance, Mathematics, Computer Science, Computer Engineering, Marketing, and/or a related major. 3.0 GPA minimum.

Jared Monroe Foundation Scholarship

<https://jaredmonroefoundation.org/scholarshipapplication/>

The Foundation pools donors' contribute and award scholarships to students with a diagnosis of Bipolar Disorder who are currently in treatment. These awards can be used toward tuition, fees, books, and room & board. Scholarships are from \$250 to \$2300, depending on yearly contributions.

KFM Making A Difference For Autism Scholarship

<https://kfmmakingadifference.org/scholarship-programs-for-adults-with-autism/>

The winning applicant will receive a \$500 dollar scholarship to be used to pay for their post-secondary education. The winning application will be partially based on the amount of online interest in your essay (amount of times it's shared on social media via Facebook/Twitter/etc. and the amount of pageviews it receives).

Lime Connect Scholarships

<https://limeconnect.com/opportunities/scholarships-awards/>

Lime Connect offers distinct scholarships with the corporate partners that support the education of current students with disabilities and opens the door to potential internship and co-op opportunities. View scholarships from BMO Capital Markets, Johnson & Johnson, and more.

RaiseMe

<https://www.raise.me/how-it-works>

Earn micro-scholarships by engaging with colleges as early as the 9th grade, building a rapport with institutions of higher education and increasing students' chances of admission and receiving financial aid.

Our Speaker Today!

Ruby's Rainbow

<https://rubysrainbow.org/>

Ruby's Rainbow offers scholarships to students with Down syndrome so they can chase their dreams of higher education and independence. Apply for a Ruby's Rainbow Scholarship and you could receive between \$1,000 and \$10,000 for your academic year!



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Empowering Students for College & Transition Success

How Can Students with Disabilities Prepare for College Success?

<https://www.mefa.org/mefa-podcast/how-can-students-with-disabilities-prepare-for-college-success/>

Webinar: Empowering vs. Enabling: Fostering Independence in Neurodivergent Teens & Young Adults

<https://info.cipworldwide.org/events/fostering-independence-in-neurodivergent-teens-young-adults>

Webinar: Listen Up! Building Neurodiversity Self-Advocacy Skills for Life and Academic Success

<https://info.cipworldwide.org/events/listen-up-building-neurodiversity-self-advocacy-skills-for-life>

Webinar: Moving Out! An LD/ASD Guide to Successful Living on Your Own

<https://info.cipworldwide.org/events/moving-out-an-lt/asd-guide-to-successful-living-on-your-own>

Future Quest Island (FQI)

<https://thinkcollege.net/about/what-is-think-college/future-quest-island>

An accessible, game-based college and career readiness tool for middle schoolers with and without disabilities. Through an engaging online platform, FQI aligns 21st-century technology skills with educational and employment goals.

FQI was designed for middle school general and special education teachers, as well as technology professionals, counselors, administrators, and transition professionals. Its goal is to advance the engagement and transition plans of youth with and without disabilities so that they can build a robust path to lifelong success, in middle school and beyond.

Individuals with intellectual disability who received postsecondary education...

were
2x
more likely to
be employed

earned
\$406
more per
month

required
\$77
less per month
in SSI benefits

than their counterparts who did not receive postsecondary education.

Webinar: Top 10 Things to Know When Applying to College with a Learning Difference

<http://info.cipworldwide.org/events/top-10-things-to-know-when-applying-to-college-with-a-learning-difference>





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Mental Health Resources

A Discussion on College Students and Anxiety

<https://youtu.be/3GDvhcLw2aU>

MEFA mental health counselor Kelly Hulyk about anxiety related to the college admissions process, as well as attending college and living away from home.



JED Foundation Mental Health Resource Center

<https://jedfoundation.org/mental-health-resource-center/>

Helps you manage your emotional health, cope with challenges, and support the people in your life.

Massachusetts Behavioral Health Help Line

<https://www.masshelpline.com/>

The Behavioral Health Help Line (BHHL) is here to connect you directly to clinical help, when and where you need it. Even if you're not sure what kind of help or treatment you may need, they can help guide you. Free, confidential, and with foreign language interpretation and deaf/hard of hearing support.

NAMI Massachusetts Compass Helpline

<https://namimass.org/nami-mass-compass-helpline/>

The Compass helpline at NAMI Massachusetts provides information, ideas, resources, and support to help people navigate the complex mental health system and related systems of care. Compass is staffed by people with first-hand experience navigating the mental health system for themselves or a family member. Compass is available Monday through Friday, 10 am – 6 pm. Call us at 617-704-6264 or email us at compass@namimass.org.

Our Speaker Today!

NAMI Mental Health College Guide for Students and Educators

<https://collegeguide.nami.org/>

Discover resources, practices, collaboration strategies for mental health and wellness in college.

Stress Less with JED

<https://www.youtube.com/watch?v=BFZncWb5WSs>

Get actionable advice on managing stress, including an episode of Mind Matters where popular YouTube creators share their coping strategies.

What is the Hidden Curriculum?

<https://www.youtube.com/watch?v=7uGsaj2HLpo>

An informative video detailing how the Hidden Curriculum, which is all of the unspoken expectations shared in a specific place or between a group of people, impacts students who learn differently during their academic journey, and how these learned norms affect social and learning environments.