Establishing a Strong Support System

Suggested timeframe of completion: March 1 – May 1

Whether you're headed off to college, boot camp or your first day on a new job you may experience moments where you feel overwhelmed by change. Knowing the support systems that exist at your workplace or college as well as in your local community can help you develop a reliable support system that genuinely cares about you and wants to help you succeed. These resources are more important than you could possibly imagine.

Locate the section that corresponds to where you're going next and start building your list of support systems today.

Attending a 2- or 4-year college/university

What student services exist at my school and what is the contact information?

	Service	Phone Number	Email Address
1	- Select -		

How might I get involved on campus?

☐ **Clubs and Organizations**

☐ **Events and Fun**

☐ **Fraternities and Sororities**

☐ **Leadership and Service Activities**

211

Check out Idaho's free, statewide community information and referral service – 211-Idaho.

What three programs did you learn about from 211-Idaho?

1

2

3

Enlist in the Military

The Services' Morale, Welfare and Recreation (MWR) program provide service supports and helps keep members socially active. What are three to five programs or services you'd like to learn more about?

1
2
3
4
5

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What three programs did you learn about from 211-Idaho?

1
2
3

Enroll in an Apprenticeship

What student services exist at my school or apprenticeship site and what is the contact information?

	Service	Phone Number	Email Address
1	- Select -		

Sometimes employers offer an Employee Assistance Program (EAP) that assists employees with personal and/or work related problems that may affect their job performance, health, mental or emotional well-being. Does your current or future employer offer an EAP program?

No

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1
2
3

Enter the Workforce

Sometimes employers offer an Employee Assistance Program (EAP) that assists employees with personal and/or work related problems that may affect their job performance, health, mental or emotional well-being. Does your current or future employer offer an EAP program?

No

211

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What three programs did you learn about from 211-Idaho?

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2
3

Mark As Complete

No