

## Build and Strengthen Your Referral Network

Building your referral network takes time. Be sure to find referrals who can provide the kind of support students need and who don't have barriers, such as long wait-lists, being too far from campus, or not accepting students' health insurance.

Strengthening your network involves repetitive contact and communication so providers understand how they are part of the solution and how you can complement their work. Periodically, you will also want to evaluate the providers in your network to determine whether to continue using them or add new ones.

*You can strategize ways to build and strengthen your referral network below.*

Providers	My Goal	Strategy
<i>Example: All community mental health providers serving college students</i>	<i>Build and strengthen relationships</i>	<i>Reach out to community mental health providers by:</i> <ul style="list-style-type: none"> <li>• Regularly attending local mental health coalition or task force meetings</li> <li>• Set up one-on-one meetings with local providers</li> <li>• Invite providers to mental health events and trainings on campus</li> </ul>