**RESOURCES FOR FIRST-GENERATION COLLEGE STUDENTS**

**ONLINE COMMUNITIES**

How To College: First Gen howtocollegefirstgen.org/: Resources for academics, financing, wellbeing, etc.

Rise First risefirst.org/resources/resource-directory: Nationwide resource directory for first-gen students

I’m First! imfirst.org: Online community, free mentoring for college and careers, blog

Center for First-Generation Student Success firstgen.naspa.org/why-first-gen/students: Resources

Instagram pages: @Rcnjfirstgen, @Firstgensupport, @Howtocollegefirstgen, @Imfirstgen, @Rise_first

**PODCASTS**

How To College: First Gen howtocollegefirstgen.org/

Diary of the First Gen Journey diaryofthefirstgenjourney.mykajabi.com/

The First-Gen Lounge thefirstgenlounge.com/

**BOOKS**

Every Student Has A Story: Personal Narratives from First-Generation College Students by TRIO Student Support Services at IPFW

Crack the Code: A Guide to College Success for First Gens by Susan Lieberman, Ph.D.

How to Survive and Thrive in College by Pete Bennet

Know That You Are Worthy: Experiences From First-Generation College Graduates by Adam J. Rodriguez

**FILMS**

“Why Not Us?” whynotusfilm.com/: Follows the journey of four first-gen college students who take a roadtrip across the country to interview inspiring individuals who were also first-generation college students

“First Generation” gocollegenow.org/about-the-film/: Four low-income first-gen students pursuing college

“A Walk in My Shoes: First Generation College Students” coe.k-state.edu/about/documentaries/a-walk-in-my-shoes/first-generation-college-students.html: Story of eight first-generation college students

**MENTAL HEALTH RESOURCES**

Ramapo Counseling Center ramapo.edu/counseling/: Resources for mental health and self-help

Suicide and Crisis Lifeline 988lifeline.org/: Support for people in suicidal crisis or emotional distress
CULTURAL/ IDENTITY-BASED MENTAL HEALTH RESOURCES

The Steve Fund [stevefund.org](http://stevefund.org): Mental health support for young people of color
Asian Mental Health Collective [asianmhc.org](http://asianmhc.org): Therapists, support groups, blog, resources
Latinx Therapy [latinxtherapy.com](http://latinxtherapy.com): Therapists, podcasts, wellness resources
Therapy for Black Girls [therapyforblackgirls.com](http://therapyforblackgirls.com): Therapists, podcast, blog
Therapy for Black Men [therapyforblackmen.org](http://therapyforblackmen.org): Therapists, blog, wellness resources
The Trevor Project [thetrevorproject.org](http://thetrevorproject.org): Support for LGBTQ young people

RESOURCES FOR FINANCIAL ASSISTANCE

Ramapo We Care Program [ramapo.edu/ccwc/we-care-program](http://ramapo.edu/ccwc/we-care-program): Student relief fund, food pantry, clothing closet, laptop upcycle
Higher Education Student Assistance Authority [hesaa.org](http://hesaa.org): Apply for state aid, NJ grants and scholarships, family loans, college saving plans, Affordable Care Act, etc.
Bergen County Board of Social Services [bcbss.com](http://bcbss.com): SNAP(Food Stamps), NJ Family Care, Temporary Family Assistance, etc.
Basic Needs for College Students [info.nj.gov/basicneeds](http://info.nj.gov/basicneeds): Food, housing, health, transportation, etc.

RAMAPO OFFICES

First-Generation Student Center, D-212C [ramapo.edu/first-gen](http://ramapo.edu/first-gen): Information on events, scholarships and fellowships, professional mentor programs, Tri- Alpha (First-Generation Honor Society), etc.
Office of Equity, Diversity, Inclusion and Compliance (EDIC), D-104 [ramapo.edu/affirmaction](http://ramapo.edu/affirmaction)
Educational Opportunity Fund Program (EOF), D-101 [ramapo.edu/eof-program](http://ramapo.edu/eof-program)
Center for Health and Counseling, D-216 [ramapo.edu/chcs](http://ramapo.edu/chcs): Mental health counseling, health services, health promotion, Substance Use Disorders Programming, ENHANCE Program, resources
Office of Specialized Services (OSS), C-205 [ramapo.edu/oss](http://ramapo.edu/oss): Academic and housing requests, accommodations, disability awareness
Office of Financial Aid, E-210 [ramapo.edu/finaid](http://ramapo.edu/finaid): FAFSA information, loans and grants
Center for Student Involvement (CSI), SC-202 [ramapo.edu/csi](http://ramapo.edu/csi): Student clubs and organizations, fraternities and sororities
Cahill Career Development Center, C-209 [ramapo.edu/careercenter](http://ramapo.edu/careercenter): On and off campus jobs, internships, career services
Center for Reading and Writing, Learning Commons 420 [ramapo.edu/crw](http://ramapo.edu/crw): One-on-one consultation, workshops, assistance in strengthening study skills

*For feedback and/or additional resources, email Counseling Services at chcs@ramapo.edu*