

Parents and Caregivers

Adjusting to college: While your student is navigating the college experience, it is important to maintain open lines of communication, while also giving them the space to explore themselves and make independent decisions. Your student might want your advice one day, and then not want to talk to you the next. This is very frustrating for caregivers, and it is normal for college students to go through this. Be patient with your loved one and be sure to take care of yourself as well.

What to expect for your student: College is a time of self-discovery and lots of new experiences. It will be a time for your student to begin to figure themselves out and find what best serves them. It's a time to navigate what their identities are and mean, what their values are, and what they believe and stand for. Throughout their college experience, students are going to be growing in and exploring many new areas, which can be an emotional roller coaster. This process will take time and may also happen quickly. It can come with your student questioning or challenging values and beliefs that you care deeply about. Have trust in the process that your student will figure it out in the end.

What to expect for yourself: While your student is figuring out college, you are also figuring out how to balance giving them space and providing guidance and advice, which can be difficult for a lot of caregivers. It is normal for you to experience a range of emotions, from happiness, excitement, and pride to worry, grief, and pain. Many caregivers worry about their student's safety and ability to care for themselves. It may also feel like there is more distance between you and your student as they form deeper relationships with peers and significant others. While it is important to stay connected with your student and give them the space to explore their new world, it is also important that you seek support too from your peers, family members, significant others, or a therapist.

Concerned about your student?

Listen & Support: Distress is normal to experience in college, as there are always new things popping up for your loved one to navigate. Most of the time, they just need a listening ear and a space to vent. A great way to support your student is to talk to them and let your student have the emotions about the things that are going on without trying to fix them. You can also ask them how they would like you to support them if you aren't sure what to do.

Options for more serious mental health distress: If your student is experiencing persistent mental health distress, if their mental health is significantly impacting their abilities to take care of themselves or their responsibilities, or if they are expressing intent and plans to harm themselves or someone else, then it is time to reach out to a professional.

You can guide your student on how to reach out to CAPS (Counseling and Psychological Services). They can call our number (435-797-1012) or email us (capsinfo@usu.edu) and we can send them the forms to fill out to be seen by one of our therapists.

Confidentiality: Unfortunately, CAPS cannot contact a student if you reach out with concern or confirm that they are being seen at CAPS, but we can take down information in case they are or will be a client in the future. While this is frustrating, confidentiality is in place to protect the

student and to build trust with the student so they can receive the maximum benefit from therapy.

You can file a Student of Concern report if you are concerned about your student's well-being, including concerns about harming themselves or others. The Connect Assist Refer Empower (CARE) Team reviews every report, evaluates what level of support the student needs and take steps to reach out and connect students with support. We will connect any student who is interested in meeting with a CARE team member for help navigating both on-campus and community resources.

If your student is in immediate danger to themselves (expressing thoughts or actions related to self-harm or suicide) or someone else, you can call the campus (435-797-1939) or Logan police department (435-716-9300). You can also guide them or a trusted friend to call 911 or 988 (the mental health crisis line).