



## So Your Child is Headed to College: Help Them Arrive Prepared

### Reflect...

- Many young adults are suffering with anxiety and depression—this creates roadblocks to so many happy life events
- Many are not getting help because they feel alone, so they don't reach out
- How many of you have known someone who has completed or attempted suicide?
- This is significant because your child is growing up in an intense world where many people are experiencing poor mental health
- What can you guide your young adult do?
  - Be **willing** to speak with a parent, medical provider, therapist, coach, teacher or other trusted adult
  - Be **honest** about how they are really feeling
  - Try to use some suggestions people make—even if they are unsure those suggestions will help

