



Information for Parents and Loved Ones

Consulting with the Counselling Center Staff

Launching your son/daughter into the college years can be an exciting and complicated process which requires significant adjustments. As with every life transition, parents want to do what is best for their son/daughter. Parents often become concerned about their college student's emotional functioning. We understand your concern and commitment to your son/daughter during this stage in his/her life. The Counselling & Career Centre is available to consult with parents who have questions or concerns about their son/daughter. You can call and speak with one of our counsellors.

Issues commonly raised by parents are:

- Is this a normal, developmental process for a college student?
- How might the parent best support the student?
- How might the parent encourage the student to seek professional help?

Disclosure of information about the student to parents

The student's assurance of privacy is one of the conditions that make counselling effective. The Counselling & Career Center is prohibited by law from disclosing anything about the student without explicit written permission from the student. We are not even free to share with you whether your student has sought counselling, as even that information is protected by law.

Exceptions to confidentiality

When we believe that any student is in imminent danger, at risk of seriously harming him/herself or someone else, we will seek the student's permission to involve family members. If the student will not give permission, we are compelled to break confidentiality. In that case, we will contact the family.

In summary, if you are a concerned parent, call us! We will talk openly with you about the concerns you describe. If there is a confidentiality dilemma, we will work with you to determine what is best for the student.

Resources for Parents

Below is a list of books for parents (in no particular order).

- **Almost Grown: Launching Your Child from High School to College** by Patricia Pasick
- **College of the Overwhelmed: The Campus Mental Health Crisis and What to Do about it** by Richard Kadison
- **Don't Tell me What to Do, Just Send Money** by Helen E. Johnson
- **Empty Nest ... Full Heart: The Journey from Home to College** by Andrea Van Steenhouse
- **Letting Go: A Parents' Guide to Understanding the College Years, Third Edition** by Karen Levin Coburn (Author), Madge Lawrence Treeger

Information was adapted from Villanova University