Emotional Health and Your College Student

Visit us on the web www.umass.edu/counseling/
Adjusting to College

• Different expectations
• Excitement
• Anxious and concerned about leaving home
• Sadness, loneliness and worry
Adjusting to College Stressors

- Increased personal freedom
- Increased responsibility
- Time management
- Different environment and new relationships
- Changing relationships with family and friends at home
Be a Proactive Parent/Family/Caregiver

- Talk
- Share
- Help
- Check in
Four Things To Know About Emotional Health

• It affects you
• The sooner, the better
• Stakes are high
• You can help
Ways to Help With the Transition Process

• Student’s history with transitions
• Encourage independence
• Encourage networking and involvement
• Learn about community and university resources
Accessing Services

• STRESS GPS - GAINING PRACTICAL SKILLS is one of our most popular free workshops
  ➢ Innovative skills-based free workshops.
  ➢ Six session series run every weekday at 3pm and students can join any time.

Parent/Family Orientation Program

UMass Amherst
The Commonwealth's Flagship Campus
Accessing Services

“Let’s Talk” program offers free, friendly, drop-in sessions with one of our clinicians.

➢ Informal, convenient, confidential way to get insight and information

➢ Easy access with counselor from the Center for Counseling and Psychological Health (CCPH), at locations around campus. “No topic’s off-limits!”
Accessing Services

App and Online Resources
Technology can help improve physical health. The same is true for mental health. There are many smart phone apps that our clinicians have found helpful on our website.
Accessing Services

- Triage to access an appointment
- On Call
- Notification in an emergency
- Transitioning MH records
- Medications
Registering With Disability Services

Disability Services
161 Whitmore
181 Presidents Drive
University of Massachusetts
Amherst, MA 01003-9313
Phone (V/TTY): 413.545.0892
Fax: 413.577.0122
https://www.umass.edu/disability/
Our Contact

Middlesex House
111 COUNTY CIRCLE

Hours of Operation
Monday – Friday
8:30 am – 5:00 pm

Emergency services are available 24/7
www.umass.edu/counseling/
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