

How Parents Can Prepare College-Bound Teens for Mental Wellness

Discussion Questions

How Parents Can Prepare College-Bound Teens
for Mental Wellness

Part of the Teen Mental Health Webinar series



Visit our Teen Mental Health webinars page at familyaware.org/teenwebinars to access our library of free webinars and recorded livestreams on topics related to youth and young adult mental health, such as

- trauma
- mental health crisis
- suicide prevention
- social media and technology
- communicating with teens
- depression and substance use
- self-injury
- anxiety.

Also explore our website for more information about caregiving, mental health, and self-care.

Thank you.

About Us

Families for Depression Awareness is a national nonprofit organization helping families recognize and cope with depression and bipolar disorder to get people well and prevent suicides. Our website at www.familyaware.org has tools, information, and educational resources to help you and your loved ones address depression, bipolar disorder, and their impact on your family.

How Parents Can Prepare College-Bound Teens for Mental Wellness Group Discussion Materials Introduction

The Families for Depression Awareness Teen Mental Health Webinar series equips caring adults to provide constructive support to teens and young adults, so they get the help they need and deserve. The **How Parents Can Prepare College-Bound Teens for Mental Wellness** webinar offers information about how to support teens heading to college who may or may not have a diagnosed mental health condition. Participants learn how to recognize mental health risks that college-bound teens face, acquire strategies for providing support that promotes mental wellness, and identify mental health resources available to college students. Before watching this webinar as a group, we recommend that you provide participants with a link to watch the Understanding Teen Depression webinar or consider hosting a group viewing (learn more at <http://familyaware.org/teenwebinars/>).

These FFDA resources on familyaware.org may be of interest to your audience.

- [Michaela and Jenn's Story: Tips for Managing Depression in College](#) (family story)
- [College Mental Health Supports for Your Student](#) (expert interview)
- [Setting Your Young Adult Up for Success: Advice for Caregivers of a College Student with Depression](#)
- [Alex's Declassified College Survival Guide](#)
- [How to Help Teens Cope with College Application Stress](#)
- [Teaching Teens \(and Yourself\) Strategies for Coping with Stress](#)
- [5 Free Mental Health Apps that Could Help Your Teen](#)

We also encourage you to explore the Teen Mental Health webinars for more caregiver education and strategies.

Please use the discussion questions provided here to supplement the Understanding Teen Depression Group Viewing Guide (<http://bit.ly/TDGuide2020>). In the Group Viewing Guide, we provide suggestions for equipment, creating a safe space, facilitating, and role-play scenarios for communicating with teens and young adults.

Discussion Questions

1. What new or interesting information did you learn about college and supporting teen mental health in this webinar?
2. What are some signs of distress mentioned in the webinar that you want to be mindful of when your student is at college?
3. What are some ways you can help destigmatize the option of taking “time away” from college? How will your teen know they can come to you if they are having a difficult time with their mental health?
4. Let's discuss the student resources mentioned during the webinar. Were any new to you? (Ask the audience if they have experience with any that were new to others and for their opinions.) Which options do you want to explore further with your college student?

5. Why is it important for teens to explore their passions? What are some of your child's passions? How can they explore these passions during or outside of the college experience?
6. How can you put a plan in place for how often you and your child will communicate when they are away at college? (Invite participants to share their experience of utilizing a communication plan with their student.)
7. Which practical strategies do you want to try to work on with the teen(s) in your life?
*Remind participants about the Family Action Plan available at <https://www.familyaware.org/actionplan>.
8. How will you follow up on this webinar? What steps are you committing to take? (They might write this down for themselves rather than saying out loud.)

Thank you

We extend our grateful thanks to our generous funders for their support of the Youth and Young Adult Mental Wellness Program. Our current funders are listed on the Teen Mental Health Webinar page on our website at www.familyaware.org/trainings. And thank you for engaging in this discussion and learning how you can help a teen!