



Information and Resources for GCU Families

As a parent, you probably know your student best. You can tell when something is wrong, and often, you are the person in whom they confide when struggling emotionally. College is a challenging yet wonderful time in the lives of most students. Certain struggles and difficulties are expected as they try to make it through the growth experiences and transitions that college life brings. Some ups and downs are to be expected. However, if you are noticing that your student is losing the ability to manage these struggles on their own, they may need professional assistance to do so. If your student is having personal and emotional troubles, the GCU Counseling Center may be able to help. There are also many other offices within the college which you may consider as you try to find help for your student such as: Health Services, Career Services, Accessibility Services, and Student Success to name a few.

The GCU Counseling Center provides **free** individually tailored services to address the following topics:

- Personal development
- Depression and anxiety
- Relationships with family, friends, partners, etc.
- Self-esteem, body image, and eating disorders
- Self-identity as it relates to gender, sexual orientation, race, religion, age etc.
- Stress management
- Time management and procrastination
- Academic distress
- Lack of motivation
- Grief and loss of loved ones
- Alcohol and substance use

Would a therapist in the Community be a good choice for my child?

Sometimes parents prefer to find treatment in the community instead of having their student seen at the GCU Counseling Center. We at the Counseling Center also refer students for treatment in the community when it is determined most beneficial. Several different factors can affect this decision. If your student is considering a community referral and/or needs psychiatric care, see the Community Referrals and Resources link on our website. While our office does not specifically recommend any particular therapist or psychiatrist, we are happy to meet with your student to assist with the decision-making process.

If your student is experiencing a psychological emergency and needs immediate assistance during regular business hours, please call the Counseling Center at **732-987-2680**. For after-hour

psychological emergencies, call Campus Safety at **732-987-2611**. Refer to the guidelines below for help in determining what should be considered a psychological emergency.

Call the Counseling Center or Campus Safety immediately if:

- You think your student is thinking about suicide.
- Your student has physically harmed him/herself in some way.
- You think your student is thinking of harming someone else.
- Your student appears to be in an altered state in which they are having trouble perceiving reality.
- Your student has recently been the victim of a trauma such as a sexual assault.

A word on confidentiality

On occasion, a student's parent or family member will contact the Counseling Center with a concern about a student or to make an appointment. The services we provide are voluntary and the student must agree to speak with us and make their own appointment. While we welcome questions, it is important to mention that strict legal and ethical guidelines protect the privacy of all communications between a client and a therapist. In an effort to protect your student's confidentiality, we cannot provide you with information about your student without their written permission. However, we can provide useful, more general information, and if you contact us with concerns, we will make every effort to assist you in getting your student help. Be assured that our focus is on the student. When appropriate, we work with the student to help them improve communication with their support system and empower students to take responsibility for their own wellbeing and success

How will I know if my student is struggling?

Often, physical or behavioral cues indicate that a student is experiencing some level of distress. Some common indicators include:

- Marked decline in personal hygiene
- Dramatic change in weight
- Significant shift in eating habits
- Changes in sleeping patterns
- Bizarre behavior or speech
- Out-of-character remarks or communication

How do I communicate my concerns to them?

Addressing the observable behavior by communicating your care for the student and their well-being is often a great way to begin a conversation to support a student in finding relief. It is often helpful to identify your concern to the student and encourage them to seek support from a professional who specializes in the area of distress. Students often find it beneficial to connect with a staff member from the Counseling Center or other departments on campus such as Health Services .

If they disclose life-threatening behavior or threats, call Campus Safety immediately at 732-987-2611.

Who will communicate with me?

The staff at the Counseling Center is happy to receive information about the student from family and friends, but the Counseling Center staff are bound by confidentiality. As such, the staff at the Counseling Center will likely be unable to discuss specific situations related to the student. However, the counselor can provide an overview of services available on campus and answer general questions common to the college life experience. In addition, in life-threatening circumstances or situations that are required by law, the staff can break confidentiality and collaborate with the student to connect them with campus and local emergency services.

What if the student refuses your referral?

Except in emergencies, the decision to accept a referral rests with the student. If the student declines your recommendation to connect with support and there is NO imminent and direct threat to safety, communicate your concerns to the Counseling Center at 732-987-2680 so the team can be best prepared for if, and hopefully when, the student connects with the office.

Who are some partners of GCU?



Student Mental Health & Wellness

GCU has partnered with Uwill, the leading student mental health and wellness support for university students. Uwill offers students free and immediate access to teletherapy. Students can [Register/login](#) to Uwill (www.Uwill.com) using their GCU email address for private, secure, confidential, and free support. Students can choose a therapist based on personal preferences, including *availability, issue, gender, language, or ethnicity*. Access is quick and easy and includes night and weekend availability.

For mental health crises, Uwill can be reached 24/7/365 by calling [833-646-1526](tel:833-646-1526)



The JED foundation empowers teens and young adults by building resiliency and life skills, promoting social connectedness, and encouraging help-seeking and help-giving behaviors. JED strengthens schools by working directly with colleges and universities — representing millions of students — to put systems, programs, and policies in place to create a culture of caring that protects student mental health, builds life skills, and makes it more likely that struggling students

will seek help and be recognized, connected to care, and supported. JED mobilizes communities by providing education, training, and tools to families, friends, media, and others. Please feel free to use the link below for information and resources that families can access at any time.

<https://jedfoundation.org/for-families/>

Resources for substance abuse

What Is A.A.?

Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem.

To find the nearest AA meeting that fits your schedule call 800-245-1377 or

visit https://www.nnjaa.org/intergroup/cgi-bin/search_nearby_zipcode.php

What is Al Anon?

Al-Anon is a mutual support program for people whose lives have been affected by someone else's drinking. By sharing common experiences and applying the Al-Anon principles, families and friends of alcoholics can bring positive changes to their individual situations, whether or not the alcoholic admits the existence of a drinking problem or seeks help.

To find the nearest Al-Anon meeting, call 973-744-8686 or visit <https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/>.

What is ReachNJ?

ReachNJ is a central call-in line for New Jersey residents who are looking for help with a substance use disorder (SUD). Each call to ReachNJ is answered by a live person in the first 30 seconds. Trained staff will screen callers to identify their exact needs, are able to provide referrals to supportive services and a seamless connection to a local treatment provider. ReachNJ serves NJ residents of all ages regardless of insurance status or ability to pay. You can use the link: <https://nj.gov/humanservices/reachnj/> or call [1-844-732-2465](tel:1-844-732-2465)

For additional resources, <https://www.usa.gov/substance-abuse>, offers an expansive overview of treatment options and hotlines.