

College student home? Here's how to check their mental health

ANCHOR LEDE

College students will soon be home for summer break. They're embarking on their independent phase, so opening up about mental health to their parents might not top the summer to-do list. It can leave parents wondering: How did the school year go? Did they make friends? Are they doing OK mentally?

TAKE VO

OSF HealthCare psychotherapist Rachel Brown says to look for changes in the child's appearance or isolation.

Ask them open-ended, not accusatory or judgmental questions. And find the right time. Don't question them right when they get home.

SOT

Rachel Brown

OSF HealthCare psychotherapist

"I encourage parents to become emotion coaches with their children. Continue to check in. Continue to ask, 'How are you doing?' or 'I saw the college had this event. Was it something you went to?' Just stay involved in their everyday life, but don't bombard them." (:21)

VO TAG

If things aren't improving, the conversation might turn to: I want to help you. Have you thought about talking to a therapist? Would that be a good option?