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Experts to Discuss Mental Health Problems Among College Students, Thursday, May 16

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Mental health problems among college students are on the rise.

NAMI Southwest CT has assembled a panel of professionals in the fields of mental health and social work to talk at a public meeting Thursday, May 16 about ways to support students' mental health before, during and after the transition to college.

— an announcement from [NAMI Southwest CT](#), an affiliate of the National Alliance on Mental Illness

Panelists at a presentation will discuss the warning signs that a student is in mental distress and steps parents and mental health professionals can take to ensure young adults get proper treatment.

The presentation will be held on Thursday, May 16 from 7:30 to 9 p.m. at Greenwich Town Hall, [101 Field](#)

[Point Road, Greenwich](#). The event is free and open to the public. Call 203-400-NAMI (6264) for more information.

College is a critical time, since 75% of all mental health conditions begin by the age of 24, and for many teenagers, the move to college will be the first time they'll be living away from home for an extended period of time.

Symptoms of a mental health condition may surface in college, or an existing condition may worsen. It can be difficult to know whether a child is experiencing typical teenage angst or signs of a serious mental health condition.

Some of the questions they will answer:

—If my child has a history of mental health problems, what can I do to plan and prepare for the transition to college?

—Once my child is in college, how will I know if he/she is in distress?

—What can I do from a distance to help my struggling child?

—How will health privacy and confidentiality laws impact my ability to help my child?

—What if my child needs to take a leave from college?

—If my child does take a leave, how will he/she re-enter college?

Speakers

The presenters include:

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- Katie Griffin, LPC, LMHC, clinical case manager at University of Connecticut, Stamford
- Julia Smith, LCSW, social worker/psychotherapist at Fairfield University
- Jason Bowman, MPA, director of college re-entry. College Re-Entry helps academically engaged 18-30-year-old college students, who withdraw from their studies due to mental health challenges, return to college and successfully reach their educational goals.
- Vince Benevento, LPC, director and founder of Causeway Collaborative. Causeway Collaborative offers help for young men, ages 17-25, through counseling, therapeutic mentorship, and other services.

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots, nonprofit organization aimed at improving quality of life for people living with mental health conditions and their families.

[NAMI Southwest CT](#) serves lower Fairfield County.