

## Reducing Mental Health Problems in College



One in four college students will experience a mental health disorder at some point when faced with the stress of academic and social challenges. The key challenges for college students are health problems, financial stress, relationship issues, and academic pressures. More than 50% of students will struggle with three or more of these stressors at the same time. Talk with your student about mental health and how it is not uncommon to experience emotional stress at school. Communicate regularly—keep an open channel. You will spot issues and problems sooner and be a more effective helper. Show you can listen to your student's concerns without being judgmental. Be aware of college counseling resources so you can recommend them. If you are a college student with a history of mental health struggles, avoid drug use and have a personal support plan if the going gets tough.

**Source:** [www.brighamandwomens.org](http://www.brighamandwomens.org) [Search "college student mental health"]

**UR Medicine EAP**  
496 White Spruce Blvd.  
Rochester, NY 14623

(585) 475-0432  
1-888-764-3456

**Email:**  
[EAP@urmc.rochester.edu](mailto:EAP@urmc.rochester.edu)

**Website:**  
[urmc.rochester.edu/EAP](http://urmc.rochester.edu/EAP)

## Can You Detach on Vacation?

Do you sufficiently detach from work while on vacation? Many employees don't maximize the health benefits of a vacation because of a gripping need to stay plugged in despite no need for it. Using self-awareness and self-monitoring, resist the desire to stay on the laptop while others head for the luau. Consider that your employer will benefit more from your refreshed spirit and renewed energy upon your return to work. For some, detachment can be a serious challenge and feel awkward. However, in your quest for achievements, consider "work-life balance" one of the most important. The rewards are more quality time with loved ones, reduced risk of burnout, and experiencing the surge of creativity that follows a deserved rest.

## Pitfalls of Passive Parenting

If your parenting style is too passive, you probably know it and worry about it. Fear of a child's reaction and catering to demands can fuel defiant behavior. Help is available. Get an assessment from your EAP, and grab this new book, "Discipline with Love and Limits: Practical Solutions to Over 100 Common Childhood Behavior Problems." (July 2019) You can start now to help your child practice self-control, cope with sadness, postpone gratification, and gain critical life skills they need—but don't wait.

## Buffering Effects of Cyberbullying

Cyberbullying has been blamed for depression, anxiety, suicidal thinking, and tragically, suicide itself among youth. The social platform most commonly associated with cyberbullying is Instagram. Research shows that the more socially connected young teens are to their parents and the more they engage in school/community events, the more resilient and resistant to the effects of cyberbullying they are. Social connectedness was shown to provide a "buffering" effect among 200 youth considered at risk for bullying. Young teens least likely to be resistant to the emotional anguish of bullying were those teens whose primary strong connections are only with peers or friends. The recommendations: Place high value on developing close relationships with young teens. Reduce screen time, and keep them engaged in school-based/community activities.

See the study at [www.usc.edu.au](http://www.usc.edu.au) [Search: "cyberbullying connectedness"]