



Mental Health Resources for Parents and Family

The Counseling Center is here to help your student. Services are free and confidential and we are located in the Cannon Student Center.

If you would like to speak with us, you may contact us at 828-898-3841 or by email at gentilem@lmc.edu. While speaking with you, we cannot confirm or deny that your student has been seen at the counseling center or release any information unless we obtain a release of information signed by the student. If we believe that a student is experiencing a psychological emergency (signs of being either homicidal or suicidal) we may break confidentiality and, in such situations, we might contact you. If you are concerned about the safety of your student, please call the counseling center.

Signs of psychological distress:

- Statements of hopelessness (i.e.: “nothing matters”)
- Statements about death or suicide
- Threatening statements about harming others
- Self-harm (i.e.: cutting)
- Significant changes in mood or hygiene
- Changes in ability to attend to tasks or concentrate
- Lack of motivation and/or interest
- Excessive worry
- Social withdrawal.
- Bizarre thinking
- Reckless behavior
- Decline in class attendance or academic performance

How to help your student:

- Keep conversations open. Be careful to be respectful and to avoid being judgmental.
- Ask questions.
- Help your student find the appropriate resources for help.
- Validate fears about seeking help.
- Trust your instincts.
- Ask your student directly if they are contemplating suicide. We know that this is a difficult question to ask, but it is a matter of life and death.
- Contact the counseling center for guidance and support.

For more information and resources, please visit the [Counseling Services page](#) on the website.