







Greetings from Marquette University! As we prepare for the arrival of new students each fall, we know the transition to college is an important time for students and those who support them. As a Catholic, Jesuit institution, our mission at Marquette calls us to be a community that values an ethos of respect and care for self and others. The notion of *cura personalis* embodies who we are called to be — people who care about our community and those within it.

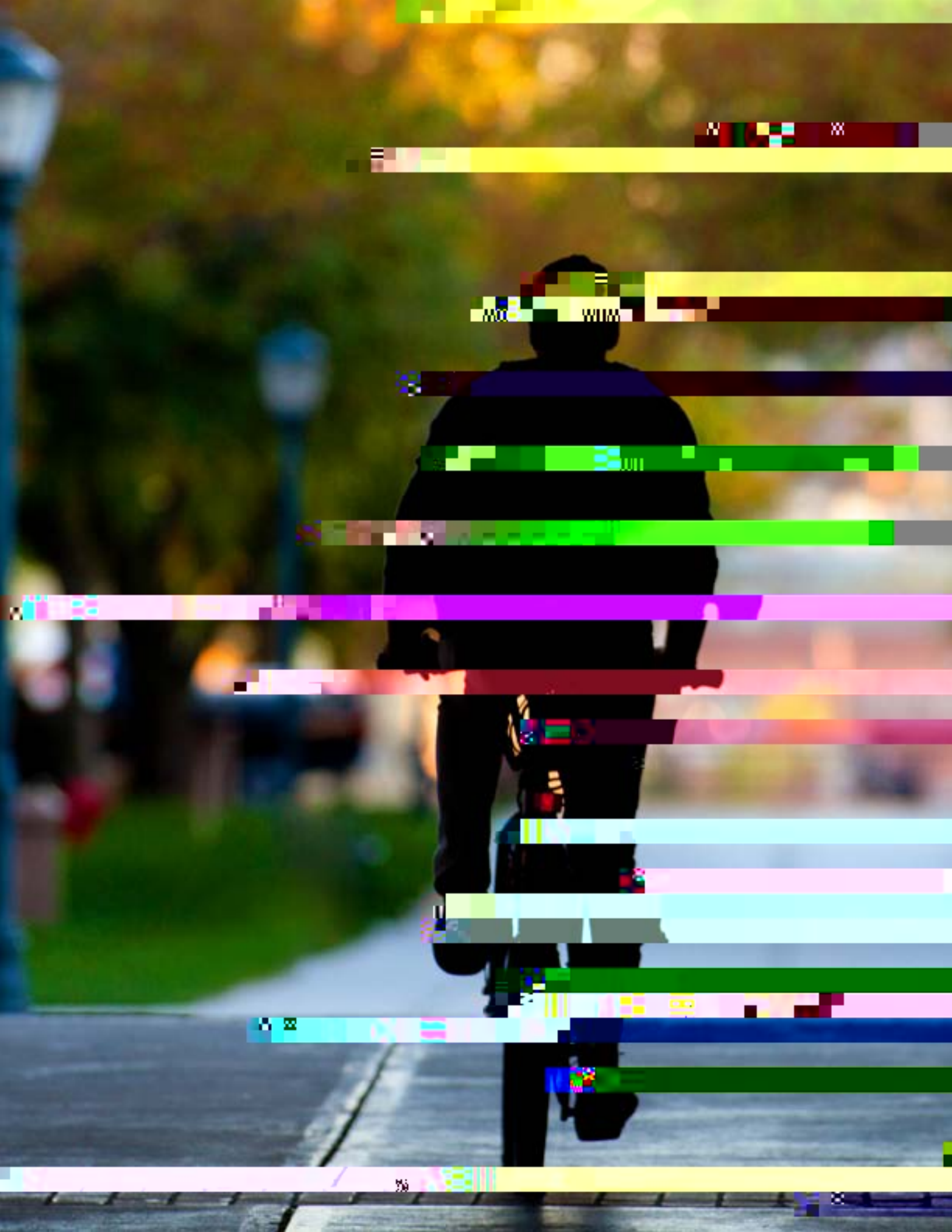
Marquette University takes the well-being and health and safety of your student seriously. Our relationship with you is a critical partnership in supporting your student's academic and

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## Contents

- X Mental Health and Suicide Prevention
- X Alcohol and Other Drugs
- X Sexual Violence







## INTRODUCTION / SETTING THE STAGE

In any given year, it is estimated that 1 in 4 adults struggle with their mental health. <sup>1</sup> Among FROOHJH VWXGHQWV PHQWDO KHDOWK LVVXHV RU GLJFXOW\ I and can have a negative impact on academic success, social relationships, physical health, and overall well-being.

Nationally, anxiety is the most common mental health concern for college students. Further, LQ VWXGHQWV ZLOO UHSRUW VLJQL4FDQW GLJFXOW\ LHV ZLW surveys of Marquette students, when asked about their well-being, 80-90% of students report periods of time where they have felt overwhelmed or exhausted and over half have felt sad, lonely, or overwhelmed with anxiety. <sup>3</sup>

On a more positive note, while mental health concerns are growing, students are also more likely and willing to seek help or treatment as utilization of college counseling centers has risen in the last decade. <sup>4</sup> Each year at Marquette, roughly 10% of the student body seeks assistance at the Counseling Center. Over the course of one's time at Marquette, 30-40% of the student body will use Counseling Center services.

3DUHQWV FDQ SOD\ D FULWLFDO UROH LQ VHWWLQJ WKH VWDJ manage stress and mental health concerns, as well as seek assistance when needed.

## PARENTS AND FAMILIES AS PARTNERS

To prepare for a smooth transition to Marquette, before your student comes to campus this Fall, talk to them about their plans to take care of their mental health and what to do if they should need additional support to manage emotional distress while at Marquette. Having discussions about self-care and resilience, as well as normalizing distress and help seeking will help prepare for a smooth transition to Marquette.

### Talking About Self-Care and Resilience:

Good self-care is crucial for our physical, emotional, and mental well-being. Think of self-care as a muscle that needs to be strengthened. We can build that muscle by taking care of our bodies with adequate sleep, nutrition, and physical activity, as well as taking care of our minds, setting realistic goals, and engaging with our support network.

While coming to college can be exciting, it also marks a time of transition to a new environment and new routine. During this transition, it's easy to forget to take care of ourselves. Developing a "self-care plan" and building good self-care habits prior to coming to Marquette can help avoid this pitfall.

## Conversations Starters for Developing a Self-Care Plan

- X What are some examples of how you take care of yourself today?
- X How can you make a plan to continue doing those things when you come to campus?
- X What are some things you can do to take care of yourself without contacting anyone? (e.g., favorite movies, music, activities).
- X What are some things you can do to express your feelings (e.g., drawing, journaling)?
- X What are some social situations or people you enjoy connecting with?
- X What is your plan to check in with parents and loved ones from home?
- X Who are people you can ask for help?

With even the best self-care plan, life can get hard and we can feel stressed out or sad.

Individuals who are more resilient are more likely to be optimistic, believe in themselves and

Resilience is also a muscle and best be strengthened by knowing the warning signs for stress and having a plan to execute when you notice these warning signs.

## Conversation Starters for Building Capacity for Resilience

- X think, or engage with the world?
- X How would others know you are feeling stressed? What might they see or hear?
- X What are 3 things that you will do when you or others notice you are stressed?

Did You Know? There are apps for your smartphones that help teach you to breathe and meditate for as little as 5-10 minutes per day? Check out apps like “Calm” and “Headspace”—these apps are free and loaded with great tools to help you build your self-care and resilience muscles. Check them out this summer and start practicing before coming to campus.

## Talking About Help-Seeking and Normalizing Mental Health

Think of mental health and mental illness as something that exists on a continuum. We all exist somewhere on the continuum of anxiety or depression—and we can move up and

manage stress, many people will struggle with their mental health at some point in their life.

Though there has been an increase of mental health concerns in college students, stigma related to mental health has been a major barrier to seeking assistance. Even though 30-40% of students come to the Counseling Center at some point in their Marquette career, students

feel that seeking help is a form of weakness and “just want to be normal.” Talking openly support can help break down this barrier.

## Strategies for Discussing Help-Seeking and Normalizing Mental Health

- X Express care and empathy. It is important to let your student know you will support them unconditionally (e.g., “No grade is more important than your mental health.”).
- X Talk about how common mental health concerns are, both in general and among college students.
- X Normalize help-seeking. Sometimes we can take care of things on our own; othertimes it’s best to get help from others.
- X If relevant, consider sharing family history related to mental health concerns. This can help normalize the experience of distress and make your student more open to seeking you out for support when they do struggle.
- X Show support and openness to your student seeking professional help. Talk to them about mental health resources on campus (e.g., Counseling Center).

For Students Currently in Treatment . If your student is currently in treatment, talk to them and their current mental health providers about recommendations for ongoing treatment.

## NON-EMERGENCY AND EMERGENCY RESOURCES FOR MENTAL HEALTH

Once students come to campus, parents remain a critical partner in supporting the mental health needs of their students. While your son or daughter is at Marquette, it is important to keep the lines of communication open so you will be able to recognize warning signs of distress and encourage help-seeking.

Though everyone is unique, common warning signs of distress include:

- X Depressed mood
- X Anxiety or panic
- X Irritability
- X Loss of interest in activities
- X Changes in self-care (e.g., sleep, appetite, hygiene)
- X Changes in academic performance
- X Withdrawing from friends, family, and loved ones
- X Increased or excessive alcohol or drug use
- X Thoughts of suicide or death

### Strategies to Encourage Help-Seeking

- X Focus on expressing empathy and concern. Avoid labeling, diagnosing, challenging, or becoming argumentative. Your focus is on providing support and maintaining an



f Focus on getting their foot in the door.

- The idea of counseling can be scary or overwhelming. Encourage them to continue counseling. Often once they come to an appointment and begin building a relationship with a counselor, they will be more likely to return.

f & through strategies or talking points to help encourage your student to seek help.

Counseling Center Services. The Counseling Center provides a variety of mental health services, including individual and group counseling, crisis counseling, and consultation to full time students. Although the Counseling Center is a fully functioning mental health clinic with licensed mental health providers, in order to remain as accessible as possible to the entire study body, services are focused on providing brief or short-term support aimed at helping students succeed at Marquette. When a student is in need of support, we always encourage students to contact the Counseling Center to evaluate needs, provide support, and connect students to campus and community resources, as appropriate. Students can schedule appointments by calling the Counseling Center at 414-288-7172, walking in during

Center for Student Wellness and Health Promotion term, one-on-one meetings with an undergraduate Peer Wellness Educator to create, discuss, and edit a student's holistic wellness plan. Peer Wellness Educators are trained by the Counseling Center in Life Savers Training and can assist a student to the Counseling Center, if mental health concerns arise within a meeting. The mission of the Center for Student Wellness and Health Promotion is to promote holistic wellness for Marquette University students, in unity with cura personalis, through education and empowerment of the well-balanced, successful life. Help raise awareness regarding suicide and encourage people to take action when concerned about someone.

## A Few Words on Suicide

It is estimated that 1 in 10 college students considers suicide and that suicide is the second student. However, we know that talking about suicide is the best way to prevent it.

students. In this training, the mnemonic FACTS is used to understand the warning signs for suicide. These warning signs include: <sup>5</sup>

- X Feelings, including emotions and beliefs that one is stuck in a bad situation that won't get better. (e.g., hopelessness, worthlessness, or lack of control).
- X Changes in behavior (e.g., sleep, drug use), personality, or mood.
- X Direct or indirect talk of death or suicide (e.g., "I want to die" or "I'm tired of life"). All talk or inference about death or suicide should be taken seriously.
- X Situations that are stressful or overwhelming (e.g., trauma, loss of a loved one or relationship).

## Strategies for Talking to Students About Suicide

- X Express empathy and concern. Avoid arguing or minimizing your student's distress.
- X When you notice warning signs, ask about suicidal thoughts or plans. Be direct and continue asking until you get a direct answer.
- X 2 • HU KRSH DQG VXSSRUW /HW \RXU VWXGHQW NQRZ WKD support them.
- X Connect them with resources.
  - f Encourage them to come to the Counseling Center. During business hours, students with suicidal thoughts can walk into the Counseling Center and be seen immediately
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# INTRODUCTION / SETTING THE STAGE

Remind your student about the law: drinking alcohol under the age of 21 is illegal. Have your policies can have serious consequences. Make it clear that you do not condone breaking the law.

Encourage your student to seek help and access supportive resources: in the transition to college your student may feel overwhelmed or alone. Remind your student that asking questions and seeking help is normal, and that there are campus resources available to help listed in the resource section of this guide.

Before your student comes to campus, they are asked to complete Vector Solutions Safe Colleges, "Alcohol and Other Drugs," an online module will empower students to make well- college drinking related issues. Students will be receiving information in Orientation on campus resources, policies, and support related to choices around alcohol and other drugs. After they have settled into the community, students will attend Bystander Intervention Training, and will be given skills to intervene in situations where acute intoxication has occurred.

## Is your student actively in recovery coming to Marquette?

Here are a few items to consider when sending your student to Marquette:

- X Do some planning before your student arrives; know the local community support public transportations will be to get there
- X We want students in recovery to feel as much a part of campus as anyone else but
- X Reach out to explore the collegiate recovery program and services at Marquette

## Concerned about your student?

What should you do if you are concerned that your student may have a problem with alcohol?

The following are some signs that you can look for, as well as ways that you can talk with your student.

Some potential warning signs include:

- X A change in academic performance, such as lower grades or consistently skipping classes
- X Hearing concerns about your student's drinking from friends or other family members
- X Loss of interest in regular activities
- X Lack of care for personal health and hygiene
- X Increase in the intensity and frequency of alcohol use
- X Changes in demeanor



X Increased reliance on alcohol

X





## INTRODUCTION / SETTING THE STAGE

Marquette works to create a community safer from violence through prevention programming, supportive advocacy services, and a Title IX Sexual Misconduct, Discrimination and Sexual Harassment Policy. Unfortunately, Marquette students are not immune to the realities that college students face nationwide, including sexual violence, relationship violence and stalking. Here, we will give you tools to assist your student in creating a safe community and support them if they face violence.

## PARENTS AND FAMILIES AS PARTNERS

### What you can do before your student comes to campus

Parents and families serve an important role in helping students shape their values and expectations regarding relationships, including how they may understand consent, respect, and boundaries. By guiding your student through a conversation about relationships and expectations prior to their arrival on campus, you can give them a good foundation on which to continue to build. This contributes to a safer campus community as healthy attitudes about consent and relationships have been shown to be protective factors against violence.

### What could this conversation look like?

X Explore your students' expectations and beliefs about relationships and consent. Questions you can ask:

f What are healthy behaviors in a relationship? What are concerning relationship behaviors?

f How can you set boundaries with a partner? What can you do if your partner does not respect those boundaries?

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f If you choose to engage in sexual activity, how can you make sure you are getting consent? How can you make sure you are clearly communicating your wishes?

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- X “You are allowed to feel the way that you do.” Giving your student permission to process what has happened in whatever way they need (whether that is anger, sadness, numbness, humor, etc.) will give them space to heal. Try not to tell them how they “should” feel or how you think you would feel if it happened to you. Each student who experiences violence will react in a unique way, and it is best to check in with them to see what would be most helpful in terms of support from you.
- X “I’m here for you.” Let the student know that you are available to support them and follow through with what they need. It is also important to check in with them about who else they may be getting support from, including advocates, counselors, friends, and other family members.

## RESOURCES

### Advocacy Services

Center for Student Wellness and Health Promotion  
707 Building, #130

[advocacy@marquette.edu](mailto:advocacy@marquette.edu)

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WR DVN TXHVWLRQV JDWKHU LQIRUPDWLRQ UHFHLYH KRXLV  
safety plan, talk about reporting options, assist with stay away directives and restraining orders etc. Advocacy services will provide support and assistance to survivors regardless of whether a formal report with law enforcement or Title IX is submitted. Advocacy Services is  
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### Campus Activities:

<https://www.marquette.edu/alumni-memorial-union/campus-activities/>

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### Alcohol and Other Drugs Prevention Programs

<https://www.marquette.edu/student-wellness/alcohol.php>

### CARE Team

The CARE (Campus Assessment Response and Education) Team is a cross-functional team  
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distress in a coordinated and comprehensive manner with dignity and respect, to help them succeed and to ensure the safety of the university community as a whole. If you have concerns about your student’s well-being and would like to refer your student to the CARE Team, call (414) 288-1412 or email [CARE@marquette.edu](mailto:CARE@marquette.edu)  
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### Marquette University Counseling Center

Holthusen Hall 204

(414) 288-7172

[www.marquette.edu/counseling](http://www.marquette.edu/counseling)

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Marquette University Police Department  
749 N. 16<sup>th</sup> St.  
(414) 288-6800 (non-emergency)  
(414) 288-1911 (emergency)  
[www.marquette.edu/mupd](http://www.marquette.edu/mupd)

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707 Building, 5<sup>th</sup> Floor

(414) 288-1645

[www.marquette.edu/disability-services](http://www.marquette.edu/disability-services)

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students with documented disabilities.



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