Dear Parents,

To have children in college is not an easy thing for a parent. From my own experience, it was difficult for me to adjust to all the changes – from being sometimes very involved in my kids’ lives, to suddenly being more of an outsider in their life experiences. At MIT Mental Health and Counseling, we work towards offering a broad range of services provided by mental health clinicians from many backgrounds, so that we can provide your students with the most relevant, responsive services to help them with problems – large and small. And, we also want to be available to you as you still are the most important adults in their lives.

I would like to encourage you to try to stay involved with your students’ lives on both academic and non-academic topics. It is still helpful to ask how your student is sleeping, what they are eating, and if they are finding time to do something other than academics. One student gave me this piece of advice, which I would like to encourage you to share with your student: “Being able to really enjoy something that one is not very good at is really important!”

The services we provide include: Evaluations and consultations; Brief treatment (counseling/psychotherapy and medication); Urgent care; Group Counseling; and Neuropsychology consults to assess cognitive or attention problems, disorganization, lack of motivation, or personality changes. And we can help with many different concerns, including: Stress; worry and anxiety; lonesomeness; relationship difficulties; uncertainty; academic disappointments. You can learn more about our services at: http://medweb.mit.edu/directory/services/mental_health.html

And we want to make sure you know that you can call us if you are worried about your student. We consult with many parents. Since we are regularly in contact with Deans, Faculty, Advisors, and Residence Hall Staff, we can help direct you to the best person or office to find support for your student. You can reach us at 617-253-2916 by phone.

Best Regards,

Alan