



Information for Parents

The transition to university life customarily is joyous and exciting, however it can be difficult for some young adults. As you know, physical and mental health are important factors in a student's success in college. While coming to NYU is a wonderful educational opportunity, the academic and social challenges of college, particularly in a large urban environment, can be stressful. Students sometimes need a helping hand to manage the stress of college, which may include the assistance of medical and counseling professionals. In particular, students who have experienced emotional or physical difficulties—depression, alcohol and/or other substance abuse, eating disorders or chronic illness—usually need ongoing professional assistance to take full advantage of college. Although the University provides a wide range of support programs and services, ultimately each student must take responsibility for his or her own overall health and welfare.

As a parent, you can take an important step to enhance the likelihood of a successful transition to college life. If, in the past or currently, your son or daughter:

- has been or is in psychotherapy or takes psychiatric medications;
- has had an eating disorder;
- has had difficulties with substance abuse; or
- a chronic medical condition;

we strongly encourage you, prior to the opening of the fall term, to have specialized support services in place. Some of these services may be available through NYU's programs, or may be provided by a local professional close to campus or where your son or daughter resides.

The support and supervision that young people receive from their families is irreplaceable. If your son or daughter demonstrates the need for continued close involvement from parents, we encourage you to provide it. If, as you communicate with your son or daughter, you become aware that something is wrong or that he or she may be in need of help, please give us a call and let us know—we want to hear from you. The Wellness Exchange (**212-443-9999**), a service for students and parents, can help you address your concerns. We remind you that in an emergency situation, we instruct our students to call 911 to get the immediate assistance they need. If you are aware of an emergency involving your son or daughter that requires urgent attention, parents living in the New York City area should phone 911. For those outside of the NYC area, the Office of Public Safety can be reached 24 hours a day, at (**212**) **998-2222**.

Importance of Obtaining Adequate Insurance

In planning for your son or daughter's overall health and wellness, be sure his or her insurance plan provides for mental health as well as general health benefits in New York City that meets the University's criteria. If your current plan does not cover these services, you may wish to purchase NYU's insurance plan, which provides benefits that can be used for obtaining off-campus mental health treatment. For more information, contact Student Health Insurance Services at (212) 443-1020.

Confidentiality and Privacy

We maintain a strict policy on confidentiality to safeguard the privacy and security of NYU students' medical information. We want students to ask us for help without hesitation and we understand that confidentiality is vital to them. If your student is over the age of 18, s/he has the legal right to receive confidential healthcare. In non-life threatening situations, we must have the student's permission to disclose information. We encourage students to involve their parents in their healthcare. In cases of emergency, we will use our professional judgment to notify you as necessary.

NYU places the highest priority on the academic success and overall well-being of our students. We look forward to an effective partnership with you and your son or daughter in achieving these goals.

Webinars

Have questions about your student's health while at NYU? We've got answers! nyu.edu/shc/parents

NYUStudentHealthCenter

726 Broadway, 3rd & 4th Floors • www.nyu.edu/shc • health.center@nyu.edu

Wellness Exchange 24/7 Hotline: (**212**) **443-9999**