

The Only Constant is Change

Change is a constant companion during the college years. Some changes come easily...others may seem overwhelming. In either case, change represents:

- * an opportunity for growth
- * a chance to know your son or daughter on a different level
- * a means to discover new things about one another
- * a catalyst for conversation
- * a challenge to try new things and stretch beyond your comfort zones
- * a means to discover new ways of communication
- * an opportunity for a renewed sense of appreciation for one another
- * the beginning of an adult relationship with your "child"

Campus Resources Area Code (520)

Counseling & Psychological Services
621-3334

Parents' Association
621-0884

Campus Health Service
621-6490

Health Promotion
621-6483

Oasis Program
626-2051

Dean of Students
621-7057

Residence Life
621-6501

Undergraduate Admissions
621-3237

S.A.L.T. Center for Learning Disabilities
621-1242

D.R.C. (Disability Resource Center)
621-3268

Career Services
621-2588

Advising Resource Center
626-0488

Campus Recreation Center
621-4709

"Who can I call if my son or daughter needs help?"

Parents Matter

Sponsored by CAPS and
The University of Arizona
Parents and Family Association



Campus Health Service
Third Floor
621-3334

<http://parentsmatter.health.arizona.edu>

Parents Matter

Parents Matter is a free consultation service offered by Counseling & Psychological Services (CAPS), a component of Campus Health Service. CAPS offers psychological counseling to students to help them cope with personal and family problems and successfully achieve their educational goals. Licensed professionals provide treatment for anxiety, depression, difficulties with relationships, family problems, food and body image concerns, alcohol and drug concerns, and unanticipated life crises.

Who is eligible?

All currently enrolled U of A students are eligible for CAPS services. All visits are confidential. No notation is made on the student's academic record, and no information can be released regarding visits to CAPS unless the student provides a signed release. Under certain circumstances, such as life-threatening situations, minors reporting child abuse, and certain legal subpoenas, records may be released. There are legal limits to confidentiality.

Frequently Asked Questions

1. My daughter called me and sounds overwhelmed and stressed. What can she do?
2. My son has stopped going to class and sounds depressed. What should I do?
3. My daughter has a learning disability. Where can she get help on campus?
4. I think my son drinks too much. Where can I send him for help?
5. My daughter has lost a lot of weight. I think she might have an eating disorder. How can I be sure?
6. My son is a Freshman and doesn't have many friends on campus. How can I encourage him to get more involved?
7. My daughter's boyfriend is abusive. Where can she go for help?
8. How much does it cost for my son to be seen at CAPS for brief counseling? Does he need to have insurance?



Two Ways to Access Us

1. During regular hours (8-5, M-F), call CAPS at (520) 621-3334 and ask for "Parents Matter." You may leave a message and a counselor will return your call promptly.

2. You can also access Parents Matter twenty-four hours a day, seven days a week through the web at:

<http://parentsmatter.health.arizona.edu>

Our website contains links to Campus resources, answers to FAQ's, our e-mail address and other helpful information.

Remember

Parents are a key factor in student success, both academically and personally. We are here to help you help them!