



Parent and Guardian Resource Guide

The Counseling Center and Tennessee Tech are committed to providing your student with access to the wellness services they may need, including mental health resources. We know that parents are a key factor in student success and we are here to help you help them.

While some stress, adjustment discomfort, and other emotional experiences are normal and a part of the college experience, here are some signs to be on the look out for in your student that may indicate them needing more help. It is important to note that any single symptom by itself may not indicate the presence of unmanageable stress. Look for combinations of symptoms and overall patterns:

- A student seems excessively tired, anxious, depressed, irritable, angry, or sad.
- You notice marked changes in a student's appearance or habits (e.g., deterioration in grooming, hygiene, marked change in weight, hyperactivity or exhaustion, interpersonal withdrawal, acceleration in activity or speech, or change in academic performance and classroom participation and/or attendance).
- A student seems hopeless or helpless.
- Use of alcohol or other substances interferes with a student's relationships or work.
- Report of sexual or physical assault or the recent death of a family member or friend.
- Emotional over-reaction such as spells of crying, outbursts of anger, over-sensitivity.
- Excessive ruminations or worry.
- Impaired speech and disjointed thoughts.
- Thoughts or actions that appear bizarre or unusual.
- Physical complaints of unknown origin (e.g., headaches, skeletal pain, frequent illness).
- Inability to concentrate or focus, persistent memory lapses, restlessness.
- Self-mutilating behaviors, including cutting or burning of self.
- **Expressed suicidal or homicidal thoughts.**

Important Help and Crisis Phone Numbers

- TN Tech Counseling Center - 931-372-3331
- Eagle Eye After Hours Crisis Hotline - 855-206-8997
- National Suicide & Crisis Lifeline - 988
 - Press 1 for Veteran Crisis Line
- Crisis Text Line - 741741
- Volunteer Mobile Crisis - 800-704-2651
- Tennessee Redline - 800-889-9789
- National Eating Disorder Hotline - 800-931-2237
- TN Tech University Police - 931-372-3234



Frequently Asked Questions

Q: What kind of counseling services are available on campus for my daughter?

[The Counseling Center provides Personal, Crisis, and Consultation counseling services.](#)

Q: Could I talk with a counselor regarding my student's problem?

All student visits to the Counseling Center are confidential and no information can be released without the student's written consent. Although we cannot share confidential information with you, our counselors are available to consult with you if you desire further information about the Counseling Center or if you want to discuss a concern.

Q: What are the staff credentials?

All of our full time clinicians are licensed in the State of TN. We in addition to licensed clinicians, we also have graduate clinicians who see students for counseling under the direct supervision of an independently licensed clinician.

Q: How can my student make an appointment?

Your student can call the Counseling Center to arrange an appointment. They can also log into the Eagle Wellness Portal at myhealth.tntech.edu. If they prefer, they can come to the Counseling Center during our Walk-In Hours, which are 8am - 4:30pm M-F.

Q: How much does it cost for my student to be seen at the TN Tech Counseling Center for counseling? Do they need to have insurance?

All counseling services provided by the Counseling Center are free to registered and enrolled TN Tech students. They do not need to have insurance for any counseling services provided by the Counseling Center. If your student requires a service that is not provided by the Counseling Center, we will assist in making a referral to an appropriate community resource.

Additional Resources

- [Tips for Parents of Incoming Freshman](#)
- [College Parents of America](#)
- [Accessible Education Center](#) - If you student is needing an accommodation or adjustment