

4 Ways Parents Can Support Their Students' Mental Health

Encourage Self-Care

Remind students to take breaks, get enough sleep, and prioritize their well-being.



Keep Communication Open

Provide regular check-ins to help students feel supported. Ask open-ended questions like "How are you really feeling?"



Normalize Help-Seeking

Let them know it's okay to seek help when needed and emphasize that mental health support is equally important as physical health care.



Stay Informed

Keep up-to-date on mental health resources available on campus through [Patriots Thriving Together](#)

Patriots Thriving Together (PTT)

PTT is George Mason University's mental health and well-being initiative, created to support the entire Mason community.

The PTT website serves as a central hub for resources and services that promote personal and collective well-being for students, faculty, and staff.

