

Helping Parents Navigate Young Adult Mental Health

Many young adults struggle with their mental health as they transition into adulthood. It's not unusual to feel stressed, confused, and overwhelmed during this time, however, without the proper support, these emotions can cause their mental health and well-being to deteriorate.

What Role Do Parents Play?

Typically, parents and guardians are still the primary support system for young adults as they mature and embrace a more independent lifestyle. This is why understanding the signs and how to help those struggling with mental health issues is imperative.

Signs of Mental Health Issues

- Confused thinking
- Prolonged depression
- Feelings of extreme highs and lows
- Excessive fear, worry, and anxiety
- Social withdrawal
- Dramatic changes in eating or sleeping patterns
- Strong feelings of anger or irritability
- Strange thoughts (delusions)
- Seeing or hearing things that aren't there (hallucinations)
- Inability to cope with daily problems and activities
- Suicidal thoughts
- Numerous unexplained physical ailments
- Substance abuse or addiction

How to Help

Offer non-judgemental support.

Parents must make it clear to young adults that their concern for their well-being is coming from a place of love and without judgment.

Set boundaries.

Parents can establish boundaries that ensure a safe environment for their young adults, but also protect their own mental well-being.

Encourage them to get help.

Parents need to realize that sometimes, young adults struggling with their mental health have needs only a professional can offer.

Find support yourself.

Dealing with mental illness is something that affects more than one person. Parents need to take care of themselves as well.

Show empathy.

Any mistakes or struggles a young adult may experience at this time should be met with compassion and understanding rather than condescension and disappointment.

