

# **Resources & Suggestions**

# Consider the information below to help refer students to appropriate resources

## **Safety First**

The priority is always the welfare of the campus community. Do not hesitate to call for help if someone is displaying threatening or violent behavior.

#### **Listen Sensitively and Carefully**

Use a calm voice and a non-confrontational approach. Avoid threatening, humiliating, and intimidating responses.

#### **Be Positive**

Engage students early on and set limits on disruptive behaviors.

#### Be Direct

Do not be afraid to ask students directly if they are under the influence of alcohol and/or drugs, feeling confused or depressed, or having thoughts of harming themselves or others.

### Follow Through/Follow-up

Ensure the student knows the physical location of the identified resource and, if needed, facilitate the student's initial visit to the appropriate office. Consider checking in to make sure the student's needs were addressed.

#### **Consultation and Documentation**

Always document your interactions with distressed students. Consult with your department chair/supervisor after any incidents of concern. "Reach Out" prior to or following a communication of this type. Please contact Campus Mental Health Services to discuss in more detail.

## DO ...

Make time and space available to speak to students
Use empathy and active listening skills
Connect students with available resources
Ask for additional help if needed
Contact campus resources personally

## DON'T...

Make promises or assurances you can't keep
Try to 'fix' every problem
Pass judgment or dismiss the student's needs
Wait to refer if you have reason to be concerned
Take on the role of the student's personal helper/aide

## Whom to Contact?

Is the student in danger to self or others, or otherwise in need of immediate assistance for another reason?

## YES

The student's conduct is clearly and imminently reckless, disorderly, dangerous or threatening.

Call University Police at 631-420-2111 or call 911

# **NOT SURE/NO**

The student shows signs of distress, but I'm unsure whether it is serious.
I'm left feeling uneasy and concerned about the student.

I'm not immediately concerned for the student, but the student is having significant difficulties and needs support.

# Contact the Dean of Students Office at 631-420-2104

They will advise you on how to proceed.
Options may include referral to
Campus Mental Health Services - 631-420-2006

## **Urgent Psychiatric Services**

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http://www.farmingdale.edu/campus-life/student-support-services/campus-mental-health-services/index.shtml

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