

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.

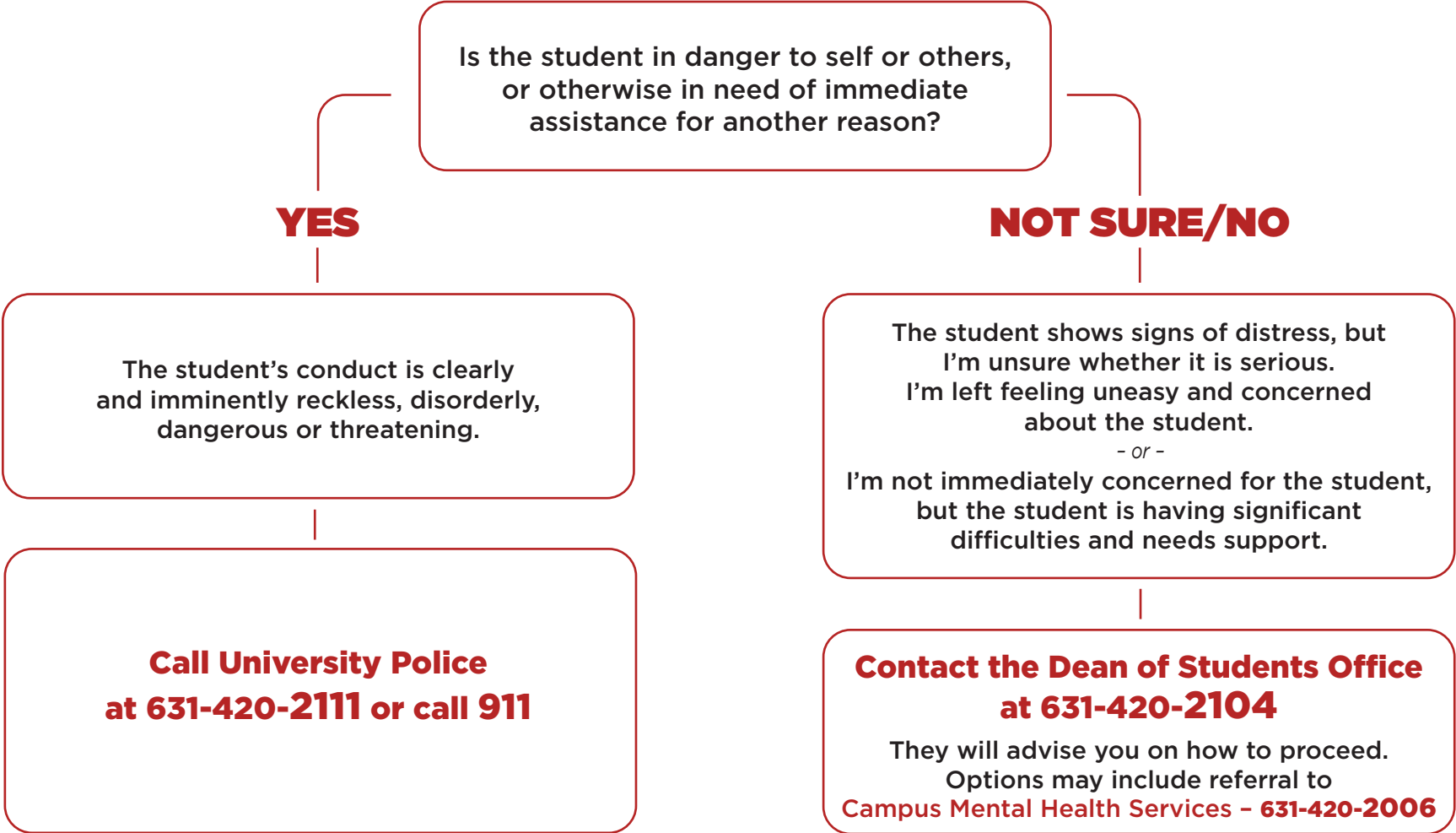
DO ...

- 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 ?



Urgent Psychiatric Services