

# Helping Students in Distress

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## **Presenter:**

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# Mental Health & College Students

- Biological changes in young adulthood
- Environmental stressors related to mental health
  - Change in environment
  - Stressors (academic, social, financial etc.)
- Common Concerns
  - Anxiety
  - Depression
  - Substance abuse
  - Grief/Loss
  - Adjustment
  - Social isolation/interpersonal difficulties
  - ADHD & learning disabilities
  - Sexual Assault & relational violence
  - Traumatic events





# Signs to Watch

- Changes in **behavior**
  - Changes in sleep & or appetite
  - Increased alcohol/substance use
  - Not attending classes or work
  - Not leaving their room or engaging with others
  - Depressed or lethargic mood
  - Change in hygiene or dress
- Changes in **thoughts or interactions**
  - Irritable or confrontational towards others
  - Violent or threatening behavior
  - Withdrawing or isolating themselves
  - Termination of relationships & friendships
  - Negative self-talk



# Signs to Watch

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- Indicators of **High Risk**
  - References to Suicide, Homicide, or Death
  - Feelings of helplessness and/or hopelessness
  - Overt references to suicide or death
  - No interest in the future
  - Increased drug & alcohol use
  - Impulsive or dangerous behavior
  - Talking directly about suicide or a plan
  - Giving away possessions
  - Previous suicide attempts
  - Access to lethal means (i.e., gun etc.)





# Responding to Someone

- Remain calm
- Listen
  - Don't try to solve the issue, listen to what is being said
  - Paraphrase, summarize & clarify
  - Attempt to connect (i.e., eye contact and non-verbal communication)
- Ask questions
  - "How are you feeling?"
  - "What do you need from me right now?"
- Be genuine and reassuring
  - "I don't know but I know someone who can help"

# Approaching Someone



- Consider the environment
  - One on one interactions somewhere private and quiet
- Express concern
  - “I am concerned about you...”
- Call attention to behaviors
  - “I am worried that you haven’t left your room...what’s going on?”



# When to refer to CWC?



- If student discloses suicidal thoughts, plans, or intent
- Depression, anxiety, and/or difficulty managing thoughts/emotions
- Following physical or sexual abuse/assault
- Substance abuse, self injury, or disordered eating
- If symptoms are impacting functions of daily living:
  - Academically
  - Socially
  - Occupationally
- Unsure?
  - Call CWC (352) 392-1575 to consult with a mental health professional

# AT TWO LOCATIONS

3190 Radio Road



Peabody Hall, 4<sup>th</sup> Floor





## CWC SERVICES ARE...

- **Confidential**
- Available to enrolled UF Students
- **Hours of operation**  
(Monday – Friday 8am – 5pm)



24/7

**Phone consultation** available for students in distress, as well as family members/friends who would like to consult about their student

# ACCESSING CWC SERVICES



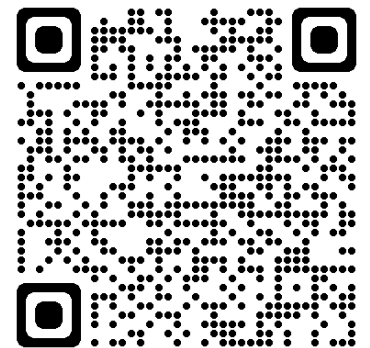
Students may access CWC services via phone (392) 392-1575

- Students will be scheduled for a Brief Consultation & Referral (BCR) appointment
- Crisis counseling (M-F; 9 -4 pm) for urgent/emergent needs

# ACCESSING CWC SERVICES

## Online Scheduling

Students can access an Online Scheduling Portal to complete initial paperwork and make an appointment for a Brief Consultation & Referral (BCR) appointment.





# Faculty & Staff Lounge Webpage

**Counseling & Wellness Center**

COUNSELING & WELLNESS CENTER | 352-392-1575



ABOUT ▾ SERVICES ▾ OUTREACH ▾ RESOURCES TRAINING ▾

## FACULTY & STAFF LOUNGE

### WELCOME TO CWC'S UF FACULTY & STAFF LOUNGE!

The “lounge” was created to support our campus community with resources specific to collegiate mental health which supports our faculty and staff in working with university students. The lounge includes a variety of resources designed to educate, improve skills, and help support students experiencing a range of challenges, including feeling down, increased anxiety, difficulty concentrating, strained relationships,

 Faculty & Staff Lounge Welcome | UF C... Watch later  Share



# Welcome

## FACULTY & STAFF LOUNGE





# More Training Available

- Question, Persuade, Refer (QPR)
  - 90 minute, in-person, training
  - Learn myths regarding suicide, warning signs, how to inquire about suicide, and refer to resources
  - Learn more through the CWC website at [www.counseling.ufl.edu](http://www.counseling.ufl.edu) or call 352.392.1575

**HR My.ufl training:** Supporting Students in Distress (GET811)

# Questions or Comments



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