

Guide to Supporting Campus Mental Health

Employee Counseling Services is here to help you support campus mental health. Just remember:

Support, Recognize, Reach Out, Connect

Support

Talk about mental health | Know your campus and community resources |
Post resources in an accessible place | Support self-care | Encourage time-off and breaks in the
workday | Provide positive feedback for a job well-done and constructive feedback when needed |
Attend and encourage others to attend campus workshops

Recognize Signs of Distress

excessive absences | plummeting performance | self-isolation | poor personal hygiene | unable to control emotions or behavior | increased dependency | engaging in high risk behavior | excessive fatigue | changes in behavior such as withdrawal, aggression, or inappropriateness

If you notice any signs of distress



Do I have a relationship with the person? Or Do I feel comfortable talking to the person?

e.g., professor, peer, director, etc.

YES



Reach Out Speak Directly with the Person

1. Stay calm.
2. Privately and discreetly express your concerns to the person, using examples of what you have observed.
3. Listen and let them know you hear them and want to help. (See "What to say" on next page).



Assess if this is an Emergency

Yes to any = emergency

1. Is there imminent danger of harm to self or others?
2. Is the person behaving in a threatening or violent manner?
3. Does the person seem out of touch with reality?
4. Does anything else about the situation seem threatening or dangerous?

NO



Connect to Campus and Community Resources

See *Resources For Supporting Campus Mental Health*



NO

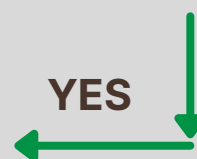


Connect Next Steps

- OPTION 1: Call Campus Security 1-2757
OPTION 2: Help the person get to Urgent Care or ER (call emergency contact or support person)
OPTION 3: Call 911
OPTION 4: Call the Mobile Crisis Unit 561-637-2102
STAY WITH THE PERSON UNTIL HELP ARRIVES OR YOU KNOW THEY ARE SAFE



YES



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How to Start the Conversation

Ways to approach someone you are concerned about.

"I've noticed you've seemed a little down lately, so I wanted to check in with you. What's been going on?"

"I noticed you missed work a few times. What's going on for you?"

"You seem really tired lately. How are you doing these days?"

Ways to respond to someone who shares their struggle with you.

"I'm so glad you told me about this. Let's brainstorm how we can get you some support."

"Thank you for sharing this with me. There's good support on campus—I'll help connect you to it."

"Wow, that sounds really hard. It makes sense you are struggling. Let's figure out what supports can help you right now."

Ways to respond when someone needs immediate help.

"I understand that you are hurting right now. I am here to help you and connect you with support."

"I hear that you feel hopeless right now. Let's contact someone who can help together."

"I can tell that you're very upset, and I'm concerned about you. I'm going to connect you with someone who can help you stay safe."

**CONTACT US DIRECTLY OR SCAN THE QR CODE
FOR MORE INFORMATION ON OUR WEBSITE AND BLOG:**

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