Know where to refer students who are in distress

Where do you direct a student during a weekday?

Where do you direct a student at night or on the weekend?

Who can you call if you are concerned about a student's safety?

Where can you walk a student if you are concerned about their safety?

Where can you report a concern that you might have for a student?

Where do you direct a student who needs help with basic needs (e.g., housing, food security)?
Now you know your campus resources... what's next?

Walk in their footsteps...
- Call the emergency help lines
- Visit the counseling center
- Ask someone to walk you through how a student sets up an appointment

Things are constantly changing... be sure to update your resources each year!

Don't be afraid to share your resource list with students and other colleagues.

Advocate for mental health resources on your campus... and encourage students to advocate for each other!

Complete trainings offered by your institution and national organizations

TRAININGS

Mental Health First Aid
www.mentalhealthfirstaid.org

QPR (Question, Persuade, Refer)
www.qprinstitute.com/about-qpr

National Alliance on Mental Illness
www.nami.org/Support-Education/Mental-Health-Education

Your university likely has trainings available to faculty related:
- Mental health
- Suicide awareness
- Safe zones

This is an incomplete list and is meant to serve as a starting point.

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BE A MENTAL HEALTH ADVOCATE

Signs and symptoms of mental health distress

- Frequent Absences
- Difficulty adjusting
- Uncooperative
- Referencing not doing well
- Change in look/hygiene
- Withdrawal from activities
- Hopeless or helpless
- Threat to self or others

Responding to a student who expresses a mental health concern

- Know that students may find it difficult to disclose a situation and will feel vulnerable doing so
- Students may not ask for a specific action or accommodation as they may not know what to ask for
- Express empathy and compassion (even if you cannot accommodate their request)
- Ask about their current support and provide relevant resources
- Provide crisis resources, if applicable
- Suggest meeting with an on campus resource (e.g. advisor, counselor, coach, etc.) for further support
- If possible:
  - Provide flexibility with accountability (reschedule deadline to another specific date)
  - Offer to meet to create an achievable plan for catching up and create accountability

Source: https://www.uky.edu/concern/behaviors-concern

NATIONAL CONTACTS

Suicide & Crisis Lifeline
988

Crisis Text Line
text 'hello' to 741741

The Trevor Project
thetrevorproject.org
1-866-488-7386
text 678678

Substance Abuse and Mental Health Services Administration
samhsa.gov
1-800-662-HELP (4357)

Psychology Today
www.psychologytoday.com

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Integrating mental health and wellness into the classroom

- Integrate mindfulness or meditation breaks using recordings
- Allow time for short stretch breaks during class
- Share resources in your course materials and on your course website...and take time to introduce them during class!
- Syllabus statements can show your support for students facing mental health challenges and refer them to campus resources
- Check-in with students to let them know you care about how they are doing and offer support
- Talk about and normalize seeking help (for both academics and mental health!)
- Show that engineers are human...they are not perfect.

CLASSROOM RESOURCES

Mindfulness and Meditation Apps
- Headspace
- Calm
- MyLife Meditation
...and many more!

Books
- Rest by Alex Sojung-Kim Pang
- Deep Work by Cal Newport

Youtube!
- Have students pick a funny video or fun song to play at the start of class or before an exam!

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