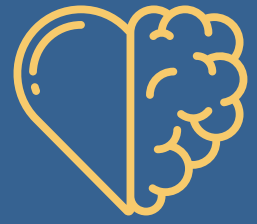


BE A MENTAL HEALTH ADVOCATE



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)?

CAMPUS CONTACTS



BE A MENTAL HEALTH ADVOCATE



Now you know your campus resources... what's next?

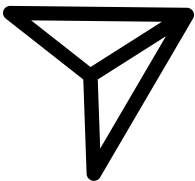


Walk in their footsteps...

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



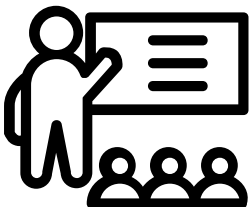
Things are constantly changing...be sure to update your resources each year!



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.



BE A MENTAL HEALTH ADVOCATE



Signs and symptoms of mental health distress



Frequent Absences



Difficulty adjusting



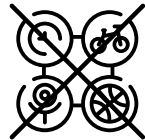
Uncooperative



Referencing not doing well



Change in look/hygiene



Withdrawal from activities



Hopeless or helpless



Threat to self or others

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

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

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

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



BE A MENTAL HEALTH ADVOCATE



Integrating mental health and wellness into the classroom



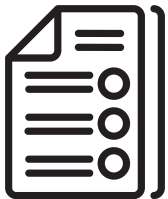
Integrate mindfulness or meditation breaks using recordings



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!

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

