

# Counseling Center

## Resources for Faculty: Recognizing Mental Health Concerns

&ROOHJH \HDUV DUH FKDUDFWHUL]HG E\ PXOWLSOH WUDQV  
WR WKHVH WUDQVLWLRQV 6WXGHQWV PD\ H[SHULHQFH VWU  
SUREOHPV VRFLDO UHODWLIRQG FZRQWNRQH QDQG SIRUHQFH  
VWXGHQWV KDG ZKLOH O\QLGQV VDQG KLRQH VDQG KHPDVQH  
DQG IUXVWUDWHG \$OWDQSSWKR SURLVWVWVXQHQWVWKR SHPHUJL  
OLIH IRU VRPH WKH SUHVVXUHV EHFRPH RYHUZKHOPLQJ DC  
IIHFHFLYHO\ ZLWK HPRWLRQDO GLVWUHV FDQ OHDG WR G  
SRVH D VHULRXV WKUHDW WR DFDGHPLF VXRI\MDVI \\$WRXO PH  
DULQ D XQLTXH SRVLWLRQ WR VKRZ FRQFHUQ DQG FDUH 3U  
H[SUHVVLRQV RI FRQFHUQ FDQ EH KHOSIXQPLRWURQDOOD WLQ  
HTXLOLEU LFXDPQ D\KIDFGK WR D VXFHVVIQ FROOHJH FDUHHU

7KH SXUSRVH RI WKLV JXLGH LV WR SURYLGH \RX ZLWK LQI  
VWXGHQWV LQ GLVWUHVW DQG VSHFLILF RSWLRQV IRU LQW

## Tips for Recognizing a Serious Mental Health Crisis (Emergency Situation)

\$FULVLV LV D VLWXDWLRQ ZKHUH D VVXGHQW\ V XVXDO FRS  
HPRWLRQDO DQG SK\VLRORJLFDO UHVSQRQVHV HVFDODWH :  
HIIHFHLYH XQWLO WKH SHUVRQ PD\ EHFRPH GLVRULHQWHG  
LV DVQHULRXV PHQWDO KHDOWK FULVLV RQH PLJKW VHH WKI  
x +LJKO\ GLVUXSWLYH EHKDYLHU SK\VLFDO YHUEDO DJJU  
x 2YHUW VXLFLGDO WKUHDWV ZULWWHQ RU YHUEDO  
x +RPLFLGDO WKUHDWV ZULWWHQ RU YHUEDO DWWHPSW  
x ,QDELOLW\ WR FRPPXQLFDWH FOHDUO\ LQFRKHUHQW J  
x /RVV RI FRQWDFW ZLWK UHDOLW\ VHHLQJ KHDULQJ WK

## What to Do When You Suspect a Mental Health Crisis

)RU FRQVXOWDWLRQ LQ DVVHVVLQJ WDK\H VLWXDWXLURLOQ JF R\O\\  
RSHQ KRXUV 0RQGD\ )U WDK\H VWXGHQW LV \MLRO \WLKQH RIIHU  
& RXQVHOLQJ & HQWHU & 2DNOH\ \$SSOLHG 6F HIQQFH %XLO  
LPPHGLDW\K\O\RE\ FDOO FRXQVHORU

I L P P H G L D W H D V V I E V D W D Q 3 F X H E O V F Q G H D H I G H H N G D W , I R W K H H P H  
R Q D Z H H N H Q G R U K R O L G D \ F R D Q M G D V V W H 3 X Z E L O O L F G B I W H H W U P D V Q H  
W U D Q V S R U W W K H K Q & U Y F L G I X V D L Q V W R Q W K H U R U F R Q W D F W W K H

While Waiting for Aid to Arrive:

'2 SURYDLGDIH VHF XUH TXILPHWOISDIDHWKHWXGHQWDORQH  
'2 DVN WKRHWD\ XQWLO 'KHMPSVDUULYRHUVHWUDLQ KLP RU KHM  
'2 OLVWHQ DFWLYHO\ DQG1VKRKDHOPSBQJKH RU FRQIURQW WK  
'2 PDLQWDLQ D VXSSRUWLWYHT DWQNLPVKXIGMVKH VWXGHQWTV GL

Tips for Recognizing Distressed Students (Not in Crisis/Emergency)

(YHU\RQH H[SHULHQFHV V\PSWRPV RI GLVWUHVVDW RQH W SHUVLVW RYHU WLPH DQG RU LQFDQHHDVGHIRQ DNYHWWWDQ FWMK L

What Can You Do? (Not in Crisis/Emergency)

, I \RX FKRRVH WR DSSURDFK D VWXGHQW RU LI D VWXGHQW  
SUREOHPV WKH IROORZLQJ VXJJHVWLQV DUH UHFRPPHQG

TALK ZLWK WKH VWXGHQW LQ SULYDWH <RX PD\ QHNRGXWR VI  
DUHKVKISGHRRUFFXSLHG ([SUHVW \RXU FRQFHUQ E\ UHIHUULQ

How to Get Started at the Counseling Center

7K&RXQVHOLQJ & SHQWHU 0RQGD6WJKGJHQWK )DJUIG DVNHG W  
WKH LQLWLZQLSFDXSWDZRHWN ,I WPKLHQXZLHM KFHQ H H Q E'DDQ R Q  
FRXQVHORU IRU D EU L6W XGHVQWRQLQWFULWDW PWDLPWH TXHVW V  
SULRU WR FRPSOHW KQJVWKIS HSOVS HZLZROU H D VVLJQHG WR D  
ZHHN RI FRPSOHWLQJ S DSHUZRUN D Q G IWKWF DSQRH QWHDZQ

)RU D IXOO RGIHRXULVSHULYRQHV SO PDUHDYLVWLDWWRHUGZH&RVXQWHDZQ

9LVLW WKH & RXQVHOLQJ & HQWHU 9LOODJH IRU YLUWXDO S  
KWWS XE FRXQVHOLQJ EXIIDOR HGX FFY KWPO

MSU On