



While Waiting for Aid to Arrive:

'2 SUR YL GDIH VHF XUH T2XIFWOSDDIFHWKH VWXGHQW DORQH  
'2 DVN WRHPWD\ XQWLO '2HDSWUWRHVHVWUDLQ KLP RU KH  
'2 OLVWHQ DFWLYHO\ DQZ1YKRXDPSDQKH RU FRQIURQW WK  
'2 PDLQWDLQ D VXSSRUW2LYIF DWQLLPLXG M KH VWXGHQW V GL

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

(YHU\RQH H[SHULHQFHV V\PSWRPV RI GLVWUHV V DW RQH W  
SHUVLVW RYHU WLPH DQG RU LQDQHDVGHIRQ DMYHVWWDQFMKL

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

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

TALK ZLWK WKH VWXGHQW LQ SULYDWH <RX PD\ QHNGXWR V  
DUHVKISGRU FFXSLHG ([SUHVV \RXU FRQFHUQ E\ UHIHUULQ

How to Get Started at the Counseling Center

7K & RXQVHOLDV & SIOVHU 0RQGD6WKGHRQWKV )DWL6 DVNHG W  
WKH LQLWLDZ6LSFKSWDZIRUN ,I WPKLQVZLHMFHDQHHQ EDDQ RQ  
FRXQVHORU IRU D EUL6W XGHQWRQLQWFULKDW W PDLPHHTXHVV V  
SULRU WR FRPSOHVWK6JVWK6HSQSHLZRCU6H DVVLJQHG WR D  
ZHHN RI FRPSOHWLQJ SDSHUZRUN DQG IWKVWF6SQRHQW6HZQ

)RU D IXOO6GHRVXULSHWLYR6HV SO [FDVHDXLWLDWRXHGZH6RXQV](#)

9LVLW WKH &RXQVHOLQJ &HQWHU 9LOODJH IRU YLUWXDO S  
[KWS XE FRXQVHOLQJ EXIIDOR HGX FFY KWPO](#)

MSU On