

Supporting Students: Mental Health on Campus

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Clinical Counselor/Crisis Triage Case Manager



What is your role?

- **Recognize**
 - Learn the signs of distress
 - Observe signs of distress in residents
- **Respond**
 - Learn how to reach out to students who are struggling
 - Learn to effectively support and communicate with students in distress
 - Know your responsibilities (mandated reporting)
- **Refer**
 - Become familiar with campus resources
 - Learn how to refer students to services



*What your role is **NOT***

- Provide mental health treatment
- Diagnose a mental disorder
- Make decisions for students
- Get into arguments or power struggles
- Judge or invalidate the student's problems
- Always be available for the student in case of future distress or crises
- Pushing your own limits or causing yourself distress in trying to help others



Pain Isn't Always Obvious

**KNOW
THE SIGNS**



[Suicide Is Preventable.org](https://www.suicideispreventable.org)

IS PATH WARM?

American Association of Suicidology

I	Ideation
S	Substance Abuse
<hr/>	
P	Purposelessness
A	Anxiety
T	Trapped
H	Hopeless
<hr/>	
W	Withdrawal
A	Anger
R	Recklessness
M	Mood Change

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Cultural Awareness

- UIUC is a very diverse place!
- It's important to be mindful of cultural differences in the ways students may experience or express their distress
- Race, gender, sexual orientation, cultural or religious backgrounds, and other forms of identity may all play a role in the student's experience and behavior
- Do not be afraid to ask questions



What should I do if I encounter a student in distress??



Responding to students in distress

- **Hear the Problem:** Stay calm, listen carefully, and be non-judgmental about the problems – try to understand the problem from the student’s perspective
- **Keep it Simple:** Be clear and direct in your communication
- **Be Honest:** Do not be afraid to express your concerns – try to connect with the person in distress
- **Ask to Help:** Offer to help the person, provide referral information, take a collaborative approach but allow students to make their own decisions
- **Follow Up:** If appropriate, offer to remain in communication with the person as they seek help from a professional (be aware of healthy boundaries)



Responding to students in distress

- Use active listening skills
- Validate the person's emotions
- Express empathy and concern
- Point out strengths
- Offer a sense of hope
- Encourage them to seek help from a mental health professional
- Refer to the Counseling Center
- Never promise confidentiality



How to Refer Students for Therapy

- Engage in conversation with student about gaining additional support
- Give students information about how to schedule an appointment
- In an urgent situation, walk a student over to the Counseling Center.
- In case of an emergency, call 9-1-1.

What is the SIR Policy?

It is a policy that requires any student who threatens, attempts, or engages in a gesture of suicide to attend four sessions of professional assessment to assess safety in campus environment.

A SIRF (or suicide incident referral form) is completed by a concerned third party. This SIRF is reviewed by the Counseling Center Suicide Prevention Team. The SIRF may be found on the Counseling Center website.

These sessions are completely confidential and are not a part of a student's academic record. They may be completed by licensed therapists on campus or in the community.

These professional assessment sessions are required and if not completed there will be steps taken by the Suicide Prevention Team that may include a "hold on academic accounts"

The Counseling Center

- Initial appointment (same-day scheduling)
- Individual and group counseling
- Crisis intervention
- Triage and consultation
- Specialized assessments
- Referrals for private therapy
- Outreach and prevention
- Trauma response
- Educational workshops
- Self-help brochures and materials

Contact: (217) 333-3704



A background image showing several students sitting on a grassy lawn, reading books. One student in the foreground is wearing a blue and white plaid shirt and has a large afro. Another student is wearing a blue shirt and is also reading. The scene is outdoors with trees in the background.

Online Workshop Series

Online psychoeducational workshops offer students an opportunity to gain a variety of knowledge, skills, and awareness.

Check our website for the most up to date list.

Tuesday@7 led by Paraprofessionals - go.illinois.edu/Tuesday_7

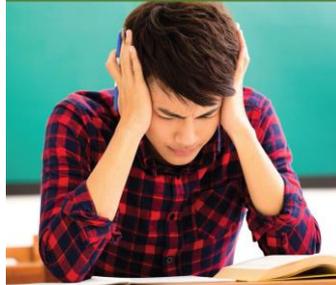
Recognition, Insight, Openness (RIO) - go.illinois.edu/CC_RIO

Expressive Arts Drop-in Workshop (weekly) - go.illinois.edu/CC_ExpArts

Counseling Center Materials

- 29 Mental Health Brochures
- Counseling Center Informational Cards
 - Services
 - Outreach
 - Kognito
 - Group Counseling
- Can be requested through your liaison

Test Anxiety



Depression



Being Assertive In a Multicultural World





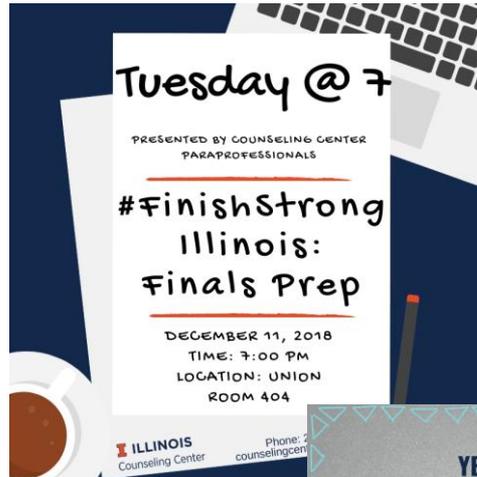
ILLINOIS
National Eating Disorders
Awareness Week
February 26 - March 4
#NEDAwareness #KINDthoughts

Film Screening & Discussion: The Illusionists

A film about the globalization of beauty
Monday, February 26
ARC Auditorium, 7-8:30 p.m.

Co-Sponsors
Counseling Center
Asian American Cultural Center
Bruce D. Neabitt African American Cultural Center
Campus Recreation
Fraternity & Sorority Affairs
McKinley Health Center
School of Social Work
University Housing
Women's Resources Center

Center Wide Events



Tuesday @ 7

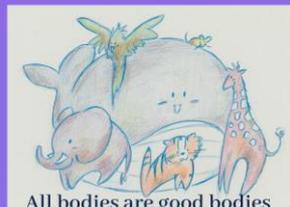
PRESENTED BY COUNSELING CENTER
PARAPROFESSIONALS

**#FinishStrong
Illinois:
Finals Prep**

DECEMBER 11, 2018
TIME: 7:00 PM
LOCATION: UNION
ROOM 404

ILLINOIS
Counseling Center
Phone: 217-333-3704
counselingcenter@illinois.edu

NO B.S. (Body Shame) Week
October 15-19, 2018



All bodies are good bodies

<p>Wednesday, 10/10 Interconnect: "Perfectly Real: Appreciating Your Body" AACC 6:00-7:30p.m.</p>	<p>Monday, 10/15 "Body Positivity and Self Image in Latinx Communities" La Casa 6:00-7:00p.m.</p>
<p>Tuesday, 10/16 "Real Talk: Living in Your Body" YMCA, Latzer Hall 11:30-6:15p.m.</p>	<p>Tuesday 10/16 - Thursday 10/18 Come see us on the Main Quad! Tuesday 11:00a.m.-1:00p.m. Wednesday 11:00a.m.-1:00p.m. Thursday 11:00a.m.-1:00p.m.</p>

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counselingcenter@illinois.edu
217-333-3704
217-359-4141 (after-hours emergencies)

Join the Counseling Center for a quick, confidential screening and a chance to win prizes!

**NATIONAL
ALCOHOL SCREENING
DAY**

Monday, February 26, 2018
9:00 AM - 4:00 PM
ILLINOIS
Counseling Center
Illini Union, Room B
#AskMeAboutMyPlan

**Dating Violence for
International Students**

Being less connected with the familiar resources and support from one's home country may contribute to an *increased sense of isolation and stress* in international students.

Isolation & stress can lead to *conflict in relationships* as well as challenges in seeking help.

Unfamiliarity with the law and judicial system may put international students in a vulnerable position when a victim of domestic/dating violence.

Visit illinois.edu/wecare for more information about resources

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217-333-3704

**YES!!:
Anything Else is Not Consent.**

Tuesday April 10th
La Casa Cultural, 6pm

The role of alcohol in sexual assault

Join the Counseling Center's Alcohol and Other Drug and Trauma Outreach and Prevention Team in a conversation surrounding consent, alcohol, and sexual assault.

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217-333-3704

Suicide Prevention Week
September 10-14, 2018

National Suicide Prevention Lifeline:
1-800-273-8255

Local Crisis Line:
217-359-4141

ILLINOIS
Counseling Center
counselingcenter@illinois.edu
217-333-3704
#BeHereTomorrow

Requesting an Outreach

counselingcenter.illinois.edu

- Go To website:
 - Click on Request a Workshop (bottom of page)
 - Fill out Workshop Request Form

REQUEST A WORKSHOP

Workshops on Request usually last one to two hours and cover topics such as:

- Alcohol and other drugs
- Communication in relationships
- Eating disorders
- Intimacy
- Procrastination
- Self-confidence
- Stress management
- Study skills
- Test anxiety
- Time management

Workshops on Request can be requested by anyone for any type of student group and are facilitated by Counseling Center professional staff, graduate assistants, or paraprofessionals.

Workshops are not limited to these topics and can be developed towards your special interests or concerns.

If you would like to arrange for a workshop on request, follow these three steps:

1. Complete [Workshop on Request form](#) at least two weeks before the workshop date.

Follow Us **Online**

For updates to services, online outreach and prevention programming, and self-care strategies



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@UI_Counseling



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counselingcenter.Illinois.edu

Reach Us **Digitally**

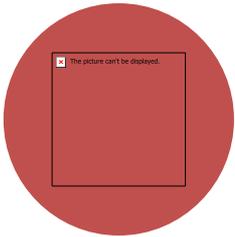
Monday Through Friday
8:00 AM to 5:00 PM

All Services Are Currently On-Line or Via Phone

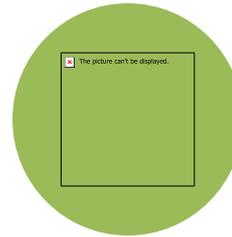


610 E. John Street
Champaign, IL 61820

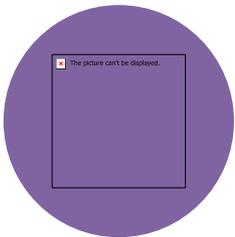
Kognito At-Risk Training



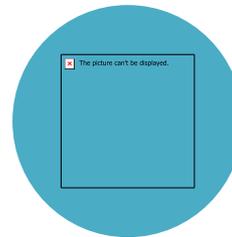
Recognize distress in others, intervene, and connect them with resources.



Modules for students and faculty/staff.



Modules specific to concerns of LGBTQ individuals and student veterans.



counselingcenter.illinois.edu

Additional Resources

- Champaign County Crisis Line: 217-359-4141
- National Domestic Violence Hotline: 800-799-7233
- National Suicide Hotline:
 - 800-273-TALK (8255)
 - www.suicidepreventionlifeline.org
- LGBTQ+ National Hotline
 - 888-843-4564
 - <https://www.glbthotline.org/hotline.html>
- COVID-19 Resources
<https://counselingcenter.illinois.edu/emergency/covid-19-resources>