

“See Something. Say Something. Do Something.”

This slogan, borrowed from the University of California system and several other universities, offers a helpful shorthand for the most basic role that faculty can play in helping students in distress.

What can I look for?

- Any substantial change in behavior, mood, or appearance
- Multiple absences in class
- Difficulty staying engaged in class or discussions
- Problems completing assignments on time

*Remember that for some socially isolated students, faculty may be the campus professionals most able to notice behavior changes.

*Note that males are at greater risk for suicide, at least partially because they are less likely to reach out for help and choose more lethal means, whereas females are more likely to attempt suicide and self-harm.

*Note also that LGBTQIA+ students have statistically higher risk of suicide behavior.

What could I say?

- Express your concern and care in a private meeting.
- Be direct, but non-confrontational, in expressing concern to students. If relevant, ask them directly about suicidal thoughts.
- Be non-judgmental (don't debate or lecture) and be willing to listen.
- Focus on specific, concrete examples.
- Point them toward resources and offer hope that alternatives are available.
- Don't promise confidentiality.

*Students need a balance of challenge and support from faculty. Sometimes it can help to remind them that their class grades are not how you judge them as a person.

*Students do need boundaries. Be open about your limitations as someone who is not a licensed counselor. Be specific about the support that you can offer.

What might I do?

Know where you and the student can go for help and, if possible, develop a plan of tangible actions for the student to take (i.e. making a counseling appointment).

For students in crisis call:

- **Pilot Helpline** at 503-943-7134 and choose option 3 in the voicemail
- **Health & Counseling** scheduling at 503-943-7134 to have the student request a same day crisis appointment
- **Campus Safety** at 503-943-4444, or ext. 4444 from a campus phone, or call **911**
- **National Suicide Prevention Lifeline** at 988

For students with urgent needs call:

- **Pilot Helpline** at 503-943-7134 and choose option 3 in the voicemail
- **Health & Counseling** scheduling at 503-943-7134 to have the student ask if they meet the criteria for a same day appointment

For students of concern:

- File an online **Care Team referral** at www.up.edu/careteam or contact the Associate Director for Student Care at 503-943-7709.
- Call the **Pilot Helpline** at 503-943-7134 and choose option 3 in the voicemail
- Call **Health & Counseling** scheduling at 503-943-7134 and ask to consult with a counseling staff member

What if the person of concern is a faculty or staff member?

UP makes available **Employee Assistance Services (EAP)** through Canopy, and now includes even more free and confidential services for employees and their household members. To contact Canopy, call their counseling line at 800-433-2320 or visit their website at <https://canopywell.com>.

What might be helpful for UP faculty to know about addressing student mental health concerns?

Mental Health Counseling @ UP

Health & Counseling service hours: Monday through Friday, 8:30am – 4:30pm, closed for lunch daily from 12:00pm – 1:00pm

Schedule an appointment: Call 503-943-7134, or login to your Secure Patient Portal linked at www.up.edu/healthcenter and click on “Appointments”. Students must request to schedule their own counseling appointments.

Same day appointments: Counseling offers two same day crisis appointments every weekday at 11:30am and 3:30pm to students who meet the criteria –

- active suicidal or homicidal thoughts
- recent oppression or discrimination based on a marginalized identity
- recent death of a loved one
- recent or past sexual assault

Students must request to schedule their own same day crisis counseling appointments.

24/7: The Pilot Helpline on-call counselor is available to all students, staff, and faculty at any time, from anywhere. To access, call 503-943-7134 and choose option 3 in the voicemail message. Faculty and staff are welcomed and encouraged to use the Pilot Helpline to consult with a counselor on how to best assist a student.

Relevant Policies

Confidentiality: Counseling sessions are confidential, and counseling staff follow state laws that protect student privacy. Staff are not able to disclose information to anyone (parents, professors, roommates, university administrators, etc.) without a student’s prior written consent.

Faculty are not mandated reporters for suicidality simply by virtue of being faculty. But as they are not mental health professionals, they are advised to refer to campus and community experts. Students have no mandated right to privacy when speaking to a faculty member.

Mandated reporting: Faculty that are not specifically designated as Confidential Resources are obligated to report student disclosures to the University if they receive information about potential prohibited conduct, such as harassment, misconduct, or violence. For more information about your Title IX reporting obligations as a faculty member, as well as information on how to report, visit the Title IX website at www.up.edu/titleix/get-help/info-fac-staff.

What if I feel motivated to learn and do more?

The Jed Foundation* offers a free, easy-to-use guide to provide educators with simple, evidence-based ways you can support your students. Download the Faculty Guide to Supporting Student Mental Health from the Jed Foundation website at

www.jedfoundation.org/faculty-guide.

*The University of Portland is a Jed Foundation campus. The Wellness Center offers “You Can Help A Student Trainings” by request. Send an email to the Wellness & Prevention Program Coordinator, James Peña, at pena@up.edu to request a training for your team.

www.gettrainedtohelp.com is a Portland regional resource coordinating free community-based training courses for those interested in building skills for helping others in crisis, such as:

- “Mental Health First Aid”
- “QPR – Question, Persuade, & Refer”
- “safeTALK”

