
This slogan, borrowed from the University of California system and several other universities, offers a helpful shorthand for the most basic role 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 chose more lethal means, whereas females are more likely to attempt suicide and self-harm.

*Note also that LGBTQ 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 directly about suicide.
- 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.
- Do not 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. But students do need boundaries.

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 (eg, making an appointment for counseling).
- **For students in crisis** call public safety at 503-943-4444. When relevant, Public Safety will work with the Portland Police and/or ProtoCall for a mental health evaluation.
- **For students with urgent needs**, refer or walk a student to the Health & Counseling Center. After hours, refer to ProtoCall (503-943-7134 option 3).
- **For students of concern** call 503-943-7134 to consult with a Counseling staff member, (they can usually get back to you within an hour).
- File an “Early Alert” through [http://www.up.edu/earlyalert/](http://www.up.edu/earlyalert/) or contact the EA Coordinator Gina Loschiavo loschiav@up.edu
- Offer information about the Multnomah County Crisis line (503-988-4888) and the National Suicide Prevention Lifeline (1-800-273 8255)

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

UP makes available Employee Assistance Services (EAP) through Cascade Centers Inc. To contact Cascade Centers either call their counseling line at (800) 433-2320 or visit their website at [www.cascadecenters.com](http://www.cascadecenters.com)
What might be helpful for UP faculty to know about addressing student mental health concerns?

(an overview from Faculty Development Day 2016)

<table>
<thead>
<tr>
<th>Mental Health Counseling at UP</th>
<th>Relevant policies</th>
<th>What if I feel motivated to learn and do more?</th>
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</thead>
<tbody>
<tr>
<td>Hours: 8:30am to 4:30pm, Monday through Friday</td>
<td>Confidentiality: Counseling sessions are confidential, and Health and Counseling Center staff follow state laws that protect student privacy. Staff are not able disclose information to anyone (parents, professors, roommates, university administrators, etc) without a student’s written consent to do this. Faculty legal responsibilities were addressed in 2015 by University legal counsel, and that information is available at: <a href="http://www.up.edu/showimage/show.aspx?file=26732">http://www.up.edu/showimage/show.aspx?file=26732</a></td>
<td>• <a href="https://www.gettrainedtohelp.com/">https://www.gettrainedtohelp.com/</a> is a Portland regional resource coordinating community-based training courses (such as “Mental Health First Aid”) for those interested in skills for helping others in crisis. • Many universities have on-line training modules available to faculty; see, for example, <a href="https://studentaffairs.psu.edu/counseling/distress/workshop/">https://studentaffairs.psu.edu/counseling/distress/workshop/</a> • Other universities also offer handbooks for faculty – Cornell’s Recognizing and Responding to Students in Distress, for example, has been adopted broadly; <a href="http://www.aep.cornell.edu/research/upload/facultyresponse.pdf">http://www.aep.cornell.edu/research/upload/facultyresponse.pdf</a></td>
</tr>
<tr>
<td>Scheduling: Call 503-943-7134, or stop by in person at Orrico Hall (Upper Level) Appointments are available every day for urgent and crisis situations. For urgent after hours assistance, contact Public Safety at 503-943-7161.</td>
<td>ProtoCall Mental health Counselors are available to talk to students and consult with staff via telephone when the Health and Counseling Center is closed. To reach ProtoCall, call the HCC at 503-943-7134 and choose option 3.</td>
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