



IDENTIFYING STUDENTS FOR COUNSELING SERVICES:

The following checklist is to remind staff of the kinds of behaviors that result in a referral to On- campus Counseling Services.

- Changes in academic performance
- Unexplained significant drop in subject performance, unexplained absences, loss of interest and commitment
- Changes in relationships with others friendships are lost or broken, sport or other extracurricular commitments are dropped, chooses to be alone, engages in high risk behaviors with cars/drugs/alcohol/ weapons, misconduct
- Changes in mood demonstrate intense unhappiness, hopelessness, increased anger, irritability, tearfulness, emotional instability
- Grieving a significant loss, death of a significant person through illness/accident/suicide, family break up, relationship break up
- Expressing ideas of suicide/depression novel/film/video choice, personal writing, art work, conversation has a focus on suicide, death and depression. Makes statements suggesting they have imagined being dead and the impact this will have on others
- Physical changes headaches, extreme weight gain or loss, fatigue/exhaustion, sleeplessness, changes to hygiene and self-care standard

WHEN TO REFER TO COUNSELING SERVICES

In addition to the behaviors and events listed above, a referral is advisable:

- When a student presents a problem or requests information, which is outside your range of knowledge
- When the student is reluctant to discuss his or her concern(s) with you
- When you do not believe your conversations about said issues, with the student have been effective
- When the student presents a serious suicide threat

HOW TO COMMUNICATE WITH OUR STUDENTS EFFECTIVELY

When attempting to talk with a student about a personal or emotional situation, it is helpful to:

- Talk to the student in a private setting
- Remain open and listen actively, with interest and concern
- Avoid promising secrecy
- Avoid alarm reactions.
- Talk in a calm, even voice, despite the student's level of emotionality
- Repeat back the essence of what the student has told you
- Respect the student's right to their own values. Avoid making judgmental or moralizing remarks.
- If the student resists help and you are concerned, contact the Counseling Services to discuss your concerns.

OPTIONS FOR MAKING A REFERRAL TO COUNSELING SERVICES

- If you are unsure if a referral is necessary, contact Counseling Services for a consultation.
- Encourage the student to make an appointment with Counseling Services. Give them our info!
- Invite the student to call from your office or give the student the telephone number.
- Encourage the student to identify you as their referral source. The student may choose whether the counseling services can contact you regarding the student's progress.
- Walk the student to SB-102
- Call 9-911 if imminent danger is present

In case of an emergency or suicidal behavior- call 911