My Plan

- Introduction
- Your most pressing concerns
- Some challenges and some strategies
- Questions, comments, observations
What are you seeing?

What are you concerned about?
Some Common Presenting Issues

- Depression
- Anxiety
- Feeling “overwhelmed”
- Transition difficulties
- Physical illness
- Family problems
- Relationship problems/heartbreak
Things to look/listen for:

- Change in appearance/attitude/performance
- Missing class or chronically late
- Disheveled appearance
- Hopelessness
- Lack of social connections
What to do:

- Reach out
- Listen
- Refer
Know your resources!

- Campus counseling services
- Academic support services
- Emergency numbers
- Other campus services (Dean of Students, religious support, student health services, GLBT services, women’s support services)
Use your colleagues

- Ask for workshops on student suicide, depression, psychiatric disabilities.
- Ask for consultation on anything you’re not sure about.
Questions? Comments?