



## Recognizing and Responding to Distressed Students

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## My Plan

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- Introduction
- Your most pressing concerns
- Some challenges and some strategies
- Questions, comments, observations



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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:

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



## What to do:

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- Reach out
- Listen
- Refer



## Know your resources!

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- 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

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- Ask for workshops on student suicide, depression, psychiatric disabilities.
- Ask for consultation on anything you're not sure about.

