

## Campus Resources

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**GEORGIAN COURT UNIVERSITY**  
THE MERCY UNIVERSITY OF NEW JERSEY

## Quick Reference Guide Supporting Student Mental Health & Wellbeing



***Most faculty and staff are not clinicians, and we know it can feel intimidating or overwhelming to think about supporting students' emotional health, especially given all of the responsibilities you already have. But you do not have to be a mental health professional to have a positive impact on your students' emotional well-being. You just need to pay attention, listen, and connect students to help if—or when—they need it.***

## Crisis Resources

Suicide & Crisis Lifeline.....	Call or Text 988
UWill.....	833-646-1526
The Trevor Lifeline .....	866-488-7386
Trans Lifeline.....	877-565-8860
Veterans' Suicide Prevention..	800-273-8255
Treatment Referral Hotline.....	800-662-4357
National Sexual Assault Line..	800-656-4673



Ask. Listen. Refer. is Georgian Court's online suicide prevention training program designed to help students, faculty and staff prevent suicide by teaching you to:

- identify people at risk for suicide
- recognize the risk factors, protective factors and warning signs of suicide
- respond to and get help for people at risk

**Register Here**



**The Counseling Center**  
Casino Building, 2nd Floor  
(732) 987-2680  
counselingcenter@georgian.edu  
Office Hours: M-F 8:30-4:30

## How to Support Mental Health in the Classroom



### Talk About It

Begin your semester by telling the class that students can come to you when they are struggling, and reiterate that message during high-pressured times.



### Know and Use Campus Resources

Keep the back of this brochure handy.



### Put Resources in Your Syllabi

Some sample language to accompany them:

*"If you are feeling stressed, worried or down during the semester, or if you notice signs of emotional distress in someone else, please feel free to stop by my office or consider reaching out for support. Here are some campus resources:"*



### Allow Mental Health Absences

Consider allocating excused absences for both physical and mental health reasons.

## How to recognize a Student Who is Struggling

You know your students. If something concerns you, trust your gut and err on the side of checking in. It may turn out that nothing substantial is going on, but showing students you care is also a part of supporting mental health. Students--like all of us--fare better when they feel seen, cared for and part of a community

### These are important signs to pay attention to, because they may indicate a student is struggling and needs support.

- Missed assignments
- Repeated absences
- Decline in academic performance
- Reduced participation in class
- Excessive fatigue
- Poor personal hygiene
- Inappropriate or amplified behavior
- Worrisome content in assignments

### How to Know When a Student Needs Immediate Help

- Expresses despair
- Expresses hopelessness
- Talks about leaving their family or friends
- Mentions self-harm
- Shows signs of self-injury

## How to Start the Conversation

### Ways to approach a struggling student

*"I've noticed you've seemed a little down lately, so I wanted to check in with you. What's been going on?"*

*"I noticed you missed class a few times. What's going on for you?"*

*"You seem really tired in class lately. How are you doing these days?"*

### Ways to respond when a student shares their struggle with you

*"I'm so glad you told me about this. Let's brainstorm how we can get you some support."*

*"Thank you for sharing this with me. There's good support on campus--I'll help connect you to it"*

*"Wow, that sounds really hard. It makes sense you are struggling. Let's figure out what on-campus supports can help you right now"*

### Ways to talk with a student who needs immediate help.

*"I understand you are hurting right now. I am here to help you and connect you to good support on campus."*

*"I hear that you feel hopeless right now. I've worked with the CC, and I think they could help. Let's walk over together."*