

STUDENT EMOTIONAL WELL-BEING

WARNING SIGNS

MOOD

- Depressed, lethargic mood or being excessively active or talkative
- Increased irritability
- Excessive stress, fear, or worry
- Unusual emotional responses
- Vocalizing suicidal or homicidal thoughts

ACADEMIC

- Excessive absences
- Decreased performance
- Marked changes in interaction (decrease in participation or dominating conversation)
- Repeated requests for special consideration

BEHAVIORAL

- Changes in appearance or hygiene
- Irregular behavior that interferes with class
- Highly disruptive or aggressive behavior
- Inability to properly communicate
- Loss of contact with reality

RECOMMENDATIONS FOR FACULTY AND STAFF

VALIDATE

- Validate their experience (i.e. use phrases like, “That makes sense.” and “That sounds difficult.”)
- Use effective listening and nonjudgmental phrasing when explaining or defending your position if it differs

APPRECIATE

- Appreciate the student’s courage for being open with you (i.e. “Thank you for sharing with me.”)
- Communicate understanding by repeating back what the student has told you (“It sounds like you’re not accustomed to this stress and feeling overwhelmed.”)

REFER

- Refer them to the appropriate skills and support
- Help generate options and work with the student to clarify the costs and benefits of each option

RESOURCES

- **Emergency Resources**

- BUPD: (317) 940-9999 (or 911 from campus phone)
- Marion County Emergency Services: 911 from a non-campus phone
- St. Vincent Stress Center: (317) 338-4800
- Community Health Network: (317) 621-5700

- **Assessment and Care Team (ACT)**

- If you are concerned about a student and would like campus administration to be aware, call or email the Dean of Students (ext. 9470) who chairs the campus Assessment and Care Team (ACT). Reports can also be made online to: https://butler-advocate.symplcity.com/care_report/index.php/pid244925?

- **Counseling and Consultation Services**

- If you would like a mental health professional's advice on how to handle a situation involving a student's emotional health, consult a clinician at Counseling and Consultation Services (CCS) during business hours (ext. 9385).
- If you are looking for a local mental health provider for a student or yourself, you can find a list of providers known to CCS at www.butler.edu/counseling-services/community-referrals.
- If you are interested in being trained in suicide prevention techniques, reach out to CCS to plan a Campus Connect training.

- **Online Mental Health Screenings**

- For a self-check of one's mental health, visit the Mindwise Mental Health Screening at <http://screening.mentalhealthscreening.org/butler>
- For a self-check of one's alcohol use, visit the 360 Proof Personalized Feedback Index at <http://www.360proof.org/pfi>

- **Sexual Assault Response & Prevention Specialist (SARPS)**

- If you would like to contact or direct someone to a trained staff member who can help students dealing with a sexual assault, you can call or email SARPS (ext. 2047).

- **Center for Faith and Vocation (CFV)**

- The CFV can talk to students about issues related to spirituality or meaning and purpose. Call the CFV (ext. 8253).

- **Student Disability Services (SDS)**

- SDS (ext. 9308) can help with academic accommodations and other services for students with physical and/or mental health disabilities.

- **Center for Academic Success and Exploration (CASE)**

- CASE (ext. 9308) can assist students struggling academically.

- **Financial Aid**

- Financial Aid (ext. 8200) can assist students struggling financially.