

Additional Tips

- You make a valuable difference in students' lives with your care and concern—the basic act of showing interest in a student's welfare can make a powerful impact.
- Be mindful of your boundaries and limitations. You do not need to serve as a counselor to distressed students.
- Do not ignore behavior that is a concern or wait to see if the behavior goes away. Addressing the situation immediately is important.
- Do not promise confidentiality. Students who pose a threat to self or others need additional assistance.
- Document your interaction in case the situation progresses. Contact the VP of Student Affairs or a member of StART.

Important Phone Numbers

Public Safety	x2100
Student Affairs	x2236
Counseling Center	x2752
Disability Services	x2355
Advising & Retention	x2874
Academic Affairs/ Provost	x2211
Health Care Center	x2110
Financial Aid	x2678



Counseling Services

A Resource for Students

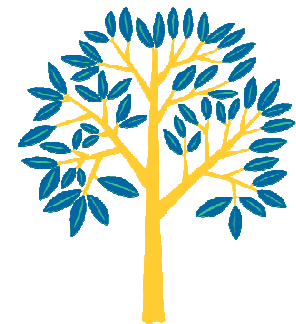
Lake Superior State University
623 W. Easterday Ave

Phone: 906-635-2752
<http://www.lssu.edu/counseling>

Counseling Services

Faculty and Staff Tips for
Dealing with

The Distressed Student



A Resource for Students

Yes, you can help

As a faculty or staff member you are in a perfect position to identify, or respond and refer students who may be distressed.

Referral Information

Faculty and staff members interact with students everyday and may be the first to notice a student's personal difficulties, problems in academic performance or be informed about a student having other problems.

Your concern and willingness to identify, intervene and refer a student in distress can make a valuable difference in a student's academic performance and overall well being and success.

Counseling Services and the resources listed in this brochure serve as resources for faculty and staff regarding concerns about students. Counseling Services provides students with personal counseling, support students with academic struggles, and directs students to appropriate support services.

If you have questions concerning a student's behavior, please call Counseling Services or any of the resources listed on this brochure to get help with ways to proceed with a student.

Reasons for a referral :

- A request for help
- Suicide, homicidal gestures or comments
- A decline in grades, quality of work, class attendance or participation
- Marked changes in physical appearances personal hygiene
- Strange or bizarre behavior/written work
- Depressed mood, apathy or lethargy
- Persistent irritability or impatience
- Disruptive behavior
- Unusual or exaggerated emotional reactions to events
- Alcohol or drug use
- Anxious behavior
- Is in jeopardy of academic suspension
- Has experienced a traumatic change

What you can do for a distressed student

- Consult. If in doubt, call Counseling Services for guidance and support.
- Consult with a colleague or any of the resources listed on the front of this folder.
- Check it out. Talk to the student privately.
- Recommend counseling or other resources for the student.
- Dispute the myth that only "crazy" people go for counseling. Seeking help is a sign of strength and courage - not failure.
- Follow up with the student if appropriate.
- Offer to help them make the first call or walk them over to the appropriate office.
- Remind them that Counseling Services is private, confidential, and a free resource.