

MENTAL HEALTH RESOURCE

A mental health crisis can take many forms:

- suicidal thoughts,
- self-harm,
- desire to hurt others,
- panic attacks, and more.

Sometimes, people need emotional support but are not in crisis.

A mental health crisis occurs when a person requires an immediate intervention.

WARNING SIGNS THAT MAY INDICATE A MENTAL HEALTH CRISIS:

- Mention of hopelessness or excessive sadness
 - Marked change in quality or quantity of classroom assignments
 - Poor personal hygiene
 - Marked change in behavior or personality
 - Comments about wanting to die or wanting their pain to end
 - Withdrawal from social interaction
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STARTING THE CONVERSATION:

Students struggling with mental health concerns are most likely to speak with someone they know before utilizing other resources.

Although this can be an uncomfortable conversation, it is best practice for you, the person they approached, to speak with them first.

If the concern is responded to with active listening and awareness of resources available, this can be what helps a student feel comfortable seeking support.

Example conversation starter:

"Hello Pat. How are you? I've noticed that you've been more quite in class lately and I am concerned about you. Is there anything going on that I could help with or that you'd like to talk about?"

DO...

- Demonstrate active listening (paraphrase, ask clarifying questions, be fully present in the conversation)
- Demonstrate compassion and genuine concern
- Validate the student's feelings and let them know that they are reacting normally to an abnormal situation
- If appropriate, offer to call Counseling and Wellness Services (937-775-3407), Raider Cares (937-775-4567), or 911 together

DON'T...

- Multi-task while interacting with the student
- Diminish or disregard the student's feelings
- Make promises that you may not be able to keep. Emphasize privacy over confidentiality.
- Leave a person alone that is in immediate danger
- Have the conversation in front of other people.
- Nobody wants an audience.

IMPORTANT: A person is not more likely to complete suicide because they were asked about it.

RESOURCES:

- Raider Cares Crisis Line at 937-775-4567 (24/7 Crisis Line)
- Counseling and Wellness Services at 937-775-3407
- Student Advocacy and Wellness at 937-260-0167 (24/7 support)
- For emergencies, Call 911
- Do not email for help in a crisis. Email is not constantly monitored.

REMEMBER: Faculty and Staff communication with students is not confidential. Do not promise confidentiality when it cannot be maintained.