

Student Mental Health Resources for Faculty

A Guide for Helping Students in Distress

The disruption and uncertainty caused by the pandemic is affecting students' mental health. From amped-up stress levels to ever increasing rates of anxiety and depression, students' day-to-day wellbeing and academic success are under threat. As a faculty member, you are often on the front lines for identifying students who may be struggling or whose behavior raises concern about their well-being. You can make a difference in the life of a student by connecting them to support services early, while recognizing your limits and protecting your time and energy. If you're not sure where to begin or fear that you'll be "out of your wheelhouse," here are some suggestions to help guide you in efforts to help students.

Step-by-Step Help Topics

These questions point you to targeted resources to help you help your students and yourself.

What are the signs of problems outside of the classroom?

Learn how to assess student behaviors that are 'Yellow Flags' and 'Red Flags' on this resource: [Identifying Vulnerable Students: Referral Step by Step](#).

How far should I go to make sure my students get help?

Familiarize yourself with advice [for faculty and staff created by the Counseling Center](#). You should know there's help for you, too - if you encounter difficult situations or emotions while interacting with students going through mental health challenges. In high risk situations, know the [warning signs](#) and contact Prevention Services through [NC CARES](#).

What wraparound support is available to help meet other student needs?

Prevention Services and the Counseling Center have [Drop-In Spaces](#) where students explore wellness and mental health topics in a supportive environment. Wellness and Recreation has [Student Wellness Coaching](#) for education, support and encouragement for developing healthy lifestyle behaviors.

Quick Links to Resources

- [NC State CARES](#)

The NC State CARES program supports early intervention for students, getting them connected to case managers who provide access to resources while following up and monitoring their progress.

- [Counseling Center Services](#)

NC State Counseling Center has step by step guidance for reaching out to students and can answer your questions about services, students, or referral options. Call them at **919.515.2423**.

- [What Happens Next - Prevention services](#)
After you make a referral, a case manager from Prevention Services will usually contact you to learn additional information, and follow up with consultation advice to ensure that the student involved is connected to the appropriate resources on campus.
- [Keep Learning Remotely](#) site is **geared to students** and supports successful remote learning. The [Step-by-Step Help Topics](#) page is for students experiencing depression, anxiety, mental health issues or who may be concerned about their safety.

Learn More

➤ Wellness Resources for Educators

Learn strategies to support students' well-being in [Wellness Resources for Teaching](#), based on Wellness Resources and campus information compiled by Dr. Lisa Paciulli (BIO 181) and her UTA, Annie Haunton.

➤ Resources for Parents

<https://prevention.dasa.ncsu.edu/suicide-prevention/a-parents-guide/>

➤ Faculty and Staff Assistance Program

<https://er.hr.ncsu.edu/faculty-staff-assistance-program/>

➤ Professional Development

Subscribe to the *Office of Faculty Development* (OFD) newsletter to hear about upcoming faculty development programs, events and topics geared to faculty. To subscribe, visit <https://go.ncsu.edu/ofdnewsletter>.

➤ Attend a QPR Training Online

QPR Suicide Prevention Training for Faculty (Question, Persuade, and Refer) is available in two-hour sessions. In the [basic QPR training](#), learn how to recognize the warning signs of suicide and support a person in distress. To go beyond, the [QPR+](#) course extends the basic training with in-depth education and experiences.

Note: Contributions from NC State Prevention Services & Counseling Center, Office of Faculty Development, and resources curated from Dr. Lisa Paciulli (Faculty member, Department of Biological Sciences) and UTA Annie Haunton.