



Mental Health Resources for Faculty and Staff

As a faculty or staff member, you may become an integral part of a student's life. Students may come to confide in you and you may be the first to notice changes in your student.

These are signs of possible psychological distress. Please be open in addressing your concerns with your student. Do not tell the student that you will not notify anyone about their issues. You may have to break confidentiality in an emergency. Contact the counseling center if you are concerned or worried about any individual that you come in contact with or speak with.

Signs of distress:

- Statements of hopelessness (i.e.: "nothing matters")
- Statements about death or suicide
- Threatening statements about harming others
- Self-harm (i.e.: cutting)
- Significant changes in mood or hygiene
- Changes in ability to attend to tasks or concentrate
- Lack of motivation and/or interest
- Excessive worry
- Social withdrawal.
- Bizarre thinking
- Reckless behavior
- Decline in class attendance or academic performance

How to help:

- Listen with respect and attention.
- Ask questions. Do not be afraid to be straightforward in your questioning.
- Talk to the students about available resources, such as the Counseling Center.
- Be willing to validate fears about seeking help.
- Trust your instincts.
- Let the student know you are worried about them and let them know why.
- Ask them directly if they are contemplating suicide. If they answer yes, walk them down to the Counseling Center. If the counselor is not available, do not be afraid to call security. Do not be afraid to ask this question as it could be a matter of life or death. If they answer no and your instincts tell you that there might be a possibility of danger, walk them down to the Counseling Center. Remember, you are not a trained mental health professional and if there is any doubt, take action.
- Document your interaction.
- Consult with the Counseling Center if you have any concerns.

Please contact the Counseling Center at 828-898-3841 or gentilem@lmc.edu if you have any questions or concerns.