

CAMPUS CARE GUIDE

PART 1: RECOGNIZING EMOTIONAL DISTRESS

**PAY ATTENTION FOR MULTIPLE SIGNS OF EMOTIONAL DISTRESS
CONSIDER: FREQUENCY, DURATION, AND SEVERITY**

WHEN IN DOUBT REACH OUT TO YOUR MHWS TEAM FOR CONSULTATION AND SUPPORT

ACADEMIC SIGNS

- Decline in quality of work or grades
- Repeated absences or requests for extensions
- Overly demanding of time and attention
- Disruptive/inappropriate behavior
- Concerning content in writing, presentations, or discussions

PHYSICAL SIGNS

- Poor hygiene or deterioration in appearance
- Noticeable weight loss or gain
- Excessive fatigue, listlessness, or lack of energy
- Swollen or red eyes

PSYCHOLOGICAL SIGNS

- Personality changes, "not acting like themselves"
- Mood changes: increased irritability, anxiety, anger, or moodiness
- Difficulty controlling emotions or calming down
- Loss of joy/pleasure
- Feeling hopeless or overwhelmed

BEHAVIORAL SIGNS

- Withdrawal or social isolation
- Impulsive or risky behavior
- Verbal outbursts
- Physical signs of agitation: restlessness, hyperactivity, rapid speech
- Incoherent, confused speech
- Verbal or written statements covering themes such as suicide, death, homicide, acts of violence or other threatening statements

WARNING SIGNS FOR SUICIDE

- Direct communication: talking/writing about wanting to die, extreme shame/guilt, and/or being a burden to others
- Indirect communication: vague written or verbal statements about suicide (e.g. "I can't do this anymore," "What's the point?")
- Feelings of emptiness, hopelessness, extreme sadness
- Saying goodbye, tying up "loose ends," giving possessions away
- A sudden and significant improvement in mood and/or symptoms

**IF YOU ARE CONCERNED ABOUT A
STUDENT'S IMMEDIATE
PHYSICAL SAFETY:**

Contact Public Safety at 631-451-4242

**TO CONSULT ABOUT A NON-EMERGENCY
MENTAL HEALTH SITUATION CONTACT
MENTAL HEALTH & WELLNESS SERVICES**

Ammerman Campus: 631-451-4040

Eastern Campus: 631-548-2650

Grant Campus: 631-851-6876

Information provided by SCCC
Mental Health & Wellness Services

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PART 2: RESPONDING TO STUDENTS IN EMOTIONAL DISTRESS

IT'S EVERYONE'S JOB TO CARE FOR ONE ANOTHER

AS A FACULTY/STAFF MEMBER YOU ARE IN A POSITION TO SUPPORT A STUDENT IN NEED

IF YOU FEEL UNEASY ABOUT HOW TO PROVIDE SUPPORT, CONTACT MHWS TO DISCUSS AN INTERVENTION PLAN

PREPARE TO REACH OUT TO THE STUDENT

- Become aware of campus resources
- Contact MHWS to discuss your concerns and how to best support the student
- Set aside adequate time for the conversation

CONNECT WITH THE STUDENT

- This can be done through an email, video conference, phone call, or in person – choose a space that protects the student's privacy
- Clearly and simply express your concerns; focus on the specific behavior of concern
- Try to share your perspective without directly challenging the student
- Listen and validate the student's feelings and experiences
- Normalize how the student is feeling and reflect on how everyone struggles during challenging times
- Explore the student's support system. Do they have supportive friends or family members they can go to?
- Try to foster hope. This is just a moment in time, feelings are fluid and fleeting

TIPS FOR BUILDING TRUST

- Be patient
- Listen
- Use open-ended questions
- Validate the student's thoughts and feelings
- Normalize their reactions
- Use the student's language when reflecting their thoughts and feelings
- Use empathy
- Be non-judgmental
- Pay attention to your non-verbal cues

MAKING A REFERRAL: MILD/MODERATE DISTRESS

(No safety concerns)

- Recognize and acknowledge your limitations (time, expertise, knowledge of resources)
- Recommend that the student connect with a licensed professional through MHWS
- Provide student with information on the services offered through MHWS
- Inform the student that services are FREE & CONFIDENTIAL
- Direct the student to the MHWS website or provide them with the contact information for their campus MHWS coordinator
- If on campus, offer to walk the student over to MHWS
- Call MHWS to inform them of the referral and provide pertinent information
- Check in with the student later to see how they are doing
- Be aware that some students might be hesitant to reach out. It sometimes takes several referrals before students seek support.

MAKING A REFERRAL: SEVERE DISTRESS OR CRISIS

(Safety concerns are present)

- Between 9AM-5PM, Monday through Friday: contact your campus MHWS Coordinator. The coordinator will ask about the situation and provide guidance on appropriate next steps.
- After hours: contact PUBLIC SAFETY
631 451 4242

Information provided by SCCC
Mental Health & Wellness Services

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PART 3: RESOURCE CENTER

RESOURCES AVAILABLE TO OUR STUDENTS

WE ENCOURAGE FACULTY AND STAFF TO FAMILIARIZE YOURSELF WITH THESE RESOURCES

ON CAMPUS RESOURCES

MENTAL HEALTH & WELLNESS SERVICES (MHWS)

<https://www.sunysuffolk.edu/experience-student-life/mental-health-services/>

Email: mentalhealth@sunysuffolk.edu

Ammerman Campus:

Ammerman Building, Counseling Center,
Room 209
631-451-4040

Eastern Campus:

Peconic Building
Room 212
631-548-2650

Grant Campus:

Caumsett Hall
Room 220
631-851-6876

DISABILITY SERVICES

<https://www.sunysuffolk.edu/disabilityservices>

Ammerman Campus: disability@sunysuffolk.edu

Eastern Campus: disability@sunysuffolk.edu

Grant Campus: disability@sunysuffolk.edu

STUDENT HEALTH SERVICES

<https://www.sunysuffolk.edu/experience-student-life/health-services/index.jsp>

Ammerman Campus: 631-451-4047

Eastern Campus: 631-548-2510

Grant Campus: 631-851-6709

OFF CAMPUS RESOURCES

PSYCHIATRIC EMERGENCIES

DASH Care Center

24 Hour Crisis Community Based Site
90 Adams Avenue, Hauppauge, NY 11788
631 952 3333

Call 911 or go to your nearest emergency room

SEXUAL ASSAULT AND RELATIONSHIP VIOLENCE

Victims Information Bureau of Suffolk (VIBS)

24-Hour Hotline
631-360-3606

The Retreat (East End)

24-Hour Hotline
631-329-2200

CRISIS HOTLINES/TEXT LINES

RESPONSE Hotline

24 Hour Crisis Counseling
631 751 7500

National Suicide Prevention Lifeline

Call or text: 988

SUBSTANCE USE/ABUSE

Long Island Council on Alcoholism and Drug Dependence (LICADD)

24-Hour Hotline
631-979-1700

Information provided by SCCC
Mental Health & Wellness Services

