



Supporting Student Mental Health

Literature:

[The Role of Faculty in Student Mental Health](#)

[Adapting and Innovating to Promote Mental Health and Emotional Well-being of Young People of Color](#)

Points to Consider:

- Familiarize yourself with the Counseling Services and Center for Student Success areas on campus, consider stopping in to learn about the process of referring a student to these areas.
- Visit the Counseling Services [website](#) to review counselor bio's or introduce yourself to the staff in order to make good referrals. It's always nice to put a name with a face!
- Make yourself aware of the [crisis on call services](#) for students who may need urgent assistance.
- Familiarize yourself with [Campus Wellness Network](#), and how to raise a Campus Wellness Network Referral flag through [Starfish](#).

Advising Tips:

- Think about ways to reduce stress and foster a sense of belonging in your classrooms and within advising sessions. Discuss this with colleagues and students.
- Refer students to the Office of Disability Services, the student may be eligible for accommodations related to a mental health diagnosis.
- Consider adjusting due dates to be mindful of campus breaks as well as the time of day. A 5 p.m. deadline for assignments is a supportive time of day that encourages appropriate sleep scheduling for students. If you select to make this the deadline, tell students that it's in support of their sleep and mental well-being.
- Encourage students who are struggling with mental health and are having difficulty meeting deadlines to reach out to you, be flexible when you can.
- If you're concerned about a student, you can walk them to Counseling Services or suggest that they call the office to schedule an appointment during your meeting. You can contact Associate Dean of Students for Student Counseling & Health needs, Dr. Bruce Lynch, if you wish to provide more information.

Resource/Tool:

Consider adding the following statement in your syllabi about mental health resources on campus.

Statement on Mental Health & Counseling Resources

Counseling Services provides a broad range of counseling and mental health support services that facilitate our students' personal, social, and academic development. Our licensed mental health professionals provide short-term individual counseling, group counseling, crisis intervention, and consultation to currently enrolled students for no additional charge. Counseling services are provided in a confidential and diversity-affirming environment to help students address a variety of mental health, situational, and developmental concerns. Our office is located in the Baugher Student Center, Suite 216. Appointments can be made in person or by calling 717-361-1405. Urgent walk-in services are also available. To access our after-hours crisis services, please call the 24/7 Campus Security number of 717-361-1111. For more information, please visit www.etown.edu/offices/counseling.