

Responding to Distressed or Distressing Students

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UCDAVIS

**STUDENT HEALTH AND
COUNSELING SERVICES**

Outline

- Common Student Stressors
- Recognizing that concerns exist—signs of distress
- Responding to concerns—communication tips
- Resources—offices/staff that can help address concerns, provide students with services and supports

Common Student Stressors

- Personal
- Cultural
- Relational
- Family
- Academic

Academic Impacts

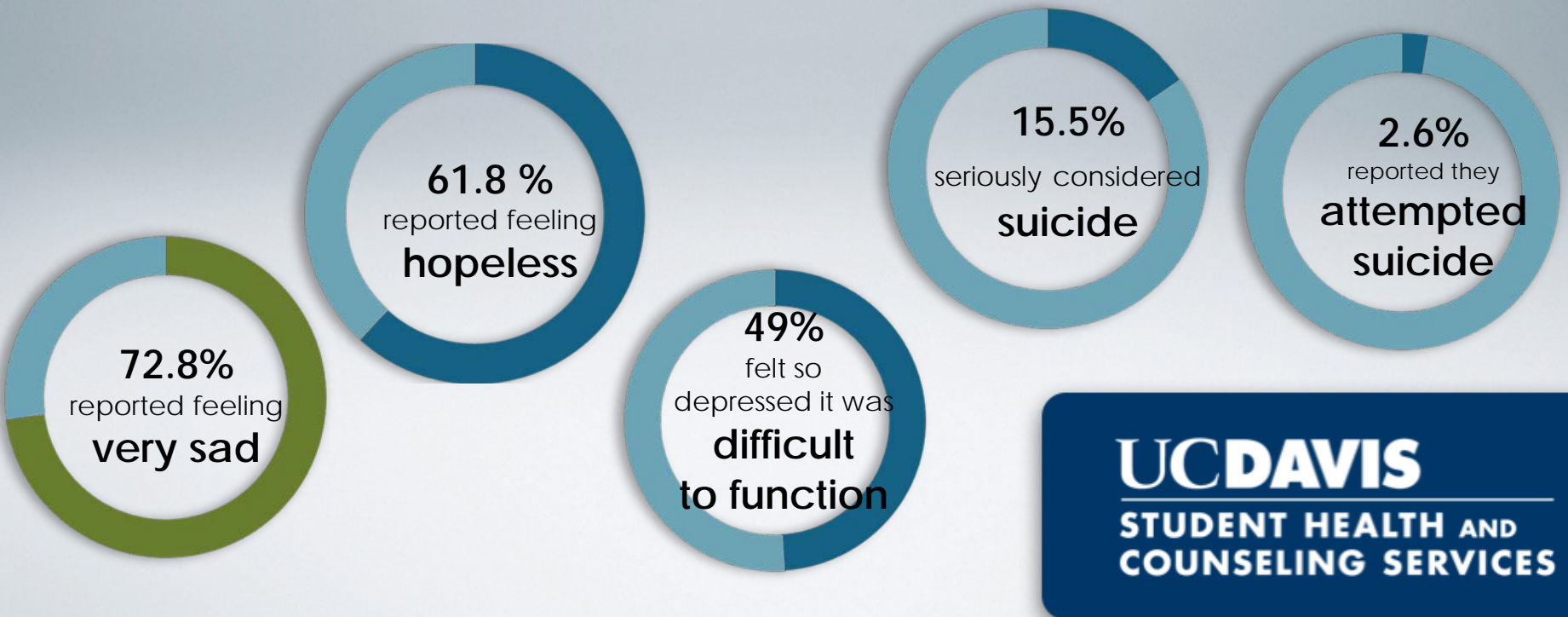
Within the last 12 months, students reported the following factors affecting their individual academic performance

	UNDGRAD	GRAD
• Stress:	44%	30%
• Anxiety:	32%	23%
• Sleep:	27%	18%
• Depression:	22%	15%
• Internet/computer use:	16%	07%
• Concern for a troubled friend or family member:	18%	09%
• Participation in extracurricular activities:	15%	05%
• Work:	15%	14%
• Finances:	08%	06%

Mental Health and College

*Data collected from Spring 2017 UC Davis Undergraduates ACHA-NCHA II survey.

A 2017 survey* of 1,535 randomly selected UC Davis undergraduates found that within the past 12 months:



Recognizing— Possible Signs of Distress

- Academic Indicators
- Behavioral and Emotional Indicators
- Physical Indicators
- Safety Risk Indicators
- Other Factors

Safety Risk Indicators

Safety risk

- Written or verbal statements that mention despair, suicide, or death
- Severe hopelessness, depression, isolation, and withdrawal
- Statements to the effect that the student is “going away for a long time”

Emergency

- Physical or verbal aggression is directed at self, others, animals, or property
- The student is unresponsive to the external environment
- **The situation feels threatening or dangerous to you**

Trust



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Responding— Communication Tips

- Observe
- Engage/Initiate Contact
- Clarify Role
- Listen
- Offer Support
- Remain Calm and Focused
- Know Limits
- Consult & Notify Others

Consultation

- Colleagues and Leaders
- Consult with Office of Student Support and Judicial Affairs 530.752.1128
- Consult with Counseling Services 530.752.0871

Counseling Services

- Individual and Group
- Mental Health Advocacy
- Skill-Building Workshops for Students: You Got This (tinyurl.com/YGTUCD)
- Call 530.752.0871 to make an appointment



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HOURS OF OPERATION

CLOSED ON UNIVERSITY HOLIDAYS

MEDICAL SERVICES



MON, TUES, THURS, FRI
8:00AM - 5:30PM

WED
9:00AM - 5:30PM

MENTAL HEALTH SERVICES



MON, TUES, THURS, FRI
8:00AM - 4:30PM

WED
9:00AM - 4:30PM

Counseling Services Satellites

Academic Satellites

- Embedded mental health providers providing faculty/staff consultations and counseling appointments for students
 - all four UCD colleges
 - three UCD professional schools (Law, SOM, & SVM)
- Prioritizing access for students with barriers to central locations

Community Advising Network (CAN)

Prioritizing access for students in Student Affairs
Student Life centers



Community Advising Network

shcs.ucdavis.edu/can

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Student After Hours Mental Health Resources

After Hours Mental Health Consultation

- Mental health staff available 24 hours/7 days week by phone at **530-752-0871**
- Texting crisis line: Text "**RELATE**" to 741741 for 24/7
- Counseling on-line through Live Health Online
- Visit: <https://shcs.ucdavis.edu/on-line-visits>
- Enter coupon code: UCDCOUNSELING to attain the counseling at no charge

UC Wide Mental Health Resource

Promoting Student Mental Health: A Guide for Faculty and Staff



<http://www.ucop.edu/student-mental-health-resources/training-and-programs/faculty-and-staff-outreach/PSMH-Handbook.html>

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Campus Resources

- Academic Staff Assistance Program (ASAP)
530-752-2727, hr.ucdavis.edu/ASAP
- Center for Advocacy Resources and Education (CARE)
530-752-3299, care.ucdavis.edu
- Office of Student Support and Judicial Affairs (OSSJA)
530-752-1128, sjd.ucdavis.edu

Student of Concern Response Team SCRT

The UC Davis Students of Concern Response Team (SCRT) serves the UC Davis campus by assisting students in crisis while helping to promoting campus safety. The SCRT coordinates the responsive efforts of multiple UC Davis units in at-risk situations involving students whose behavior may be disruptive or harmful to themselves or the UC Davis campus community.

- Office of Student Student Judicial Affairs (OSSJA)
- Student Health and Counseling Services (SHCS)
- Student Housing
- University Police
- Center for Advocacy, Resources and Education (CARE)
- Campus Counsel
- Academic and Staff Assistance Program (ASAP)
- Student Disability Center (SDC)
- Representatives from other units or departments as needed

Student Self-Care Resources



<http://eachaggiematters.ucdavis.edu/crisistextline>



[Aggie Compass](https://aggiecompass.ucdavis.edu)


Basic Needs Center

<https://aggiecompass.ucdavis.edu>


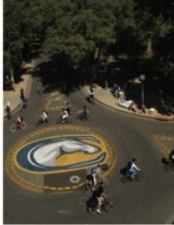
Student Self-Care Resources cont.




Student Self-Care Resources cont.



EACH AGGIE MATTERS
A Part of California's Mental Health Movement



eachaggiematters.ucdavis.edu




Therapy Animals

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shcs.ucdavis.edu/blog

What is Happiness?

Scientists define happiness by how satisfied you are with your life and how good you feel on a day-to-day basis.



Happiness is a skill that you can build with consistent practice.



shcs.ucdavis.edu/happiness

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...and the time to research the information, practices and resources. We're debunking five popular myths students believe about their food, and using science based facts to reveal the truth.
[Continue to Five Food Myths - Debunked!](#)

Mastering Time Management

SHCS Blog

Top Tips to Have a Safe and Fun Picnic Day

Financial Stress & How to Reduce It

Financial stress can have a great impact on students. Students are overwhelmed with stress every day. Whether it's academic, work, social, personal or financial there may be some lingering worry, anxiety and stress in your life that does not seem to wither away. If stress is not managed properly, it may lead to serious health issues in the future. UC Davis Student Health and Counseling Services is dedicated to reducing an individual's stress and increasing their overall well-being. The information provided here is aimed to assist students in reducing their financial stress and offer possible solutions for the future.
[Learn more about financial stress and how to reduce it](#)

Thank You

Welcome to UC Davis
&
The Aggie Family

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