

STANFORD
UNIVERSITY



September 2010

Dear Colleagues,

As the new school year begins, we want to ensure that you know about the resources focused on students' mental health and well-being available to support you in your work with undergraduate and graduate students. As a faculty member, you interact with students regularly and are likely to be one of the first to notice students who may be experiencing personal difficulties.

The first step in helping students is to recognize the behavioral signs that may indicate a student is having trouble. A noticeable change in a student's participation or performance may be indicative of underlying issues. Changes in mood, appearance or behavior often stem from more serious problems. If you suspect that a student is troubled, don't hesitate to call for help or advice. University staff are available to assist you and the student, and will handle your inquiry with sensitivity, discretion and respect for the student's privacy. If you are worried, trust your instincts and call for advice.

Please refer to the attached document for an overview of early warning signs along with a list of campus resources to consult when you are uneasy about a student's well-being. Specifically, you should turn to the Office of Residential Education for concerns related to the mental health and well-being of undergraduates and the Graduate Life Office (GLO) for concerns related to graduate students. In addition, Counseling and Psychological Services, more commonly known as CAPS, offers confidential mental health evaluations and is staffed by psychiatrists, psychologists and social workers who are available to advise you and to counsel students on short notice. All three of these offices can be reached 24/7 if matters seem urgent.

We encourage you to forward the attached resource document to others you think would find it useful in their work with students. It is through our collaboration that students who are experiencing difficulties can best be served.

Sincerely,

A handwritten signature in cursive script, appearing to read "Greg Boardman".

Greg Boardman, Vice Provost for Student Affairs

A handwritten signature in cursive script, appearing to read "Harry Elam".

Harry Elam, Vice Provost for Undergraduate Education

A handwritten signature in cursive script, appearing to read "Patricia J. Gumport".

Patricia J. Gumport, Vice Provost for Graduate Education

STUDENT MENTAL HEALTH and WELL-BEING

Resources for Faculty and Administrators

Faculty and departmental staff are in a unique position to identify students who might be having academic or personal problems and to direct them to resources before problems escalate. Prepare to detect and work with students with personal problems ahead of time. Counseling and Psychological Services (CAPS) offers a variety of trainings that can be customized to your staff and faculty needs, and can easily integrate into your regular staff meetings or retreats. Contact CAPS at the number below for more details.

- **Trust your instincts.** If you're concerned there may be a problem, you're probably right.
- **Call for advice.** Don't hesitate to ask for help. Consult with experts as soon as you have questions: don't let concerns linger.
- **Recognize the early warning signs.** Pay attention to changes in students' participation and performance. Any of these warning signs is worth responding to:
 - Decline in quality of academic work
 - Frequent absences from lab/office/class or withdrawal from usual activities
 - Changes in mood or appearance
 - Unusual or troubling behavior: angry outbursts, inappropriate dark humor, vague threats to harm self or others
 - Failure to respond to repeated attempts to communicate
 - Concerns expressed by other students
- **Get immediate advice and help.**

If you have a question/concern about a student, there are several offices that will advise you or the student, and can:

 - Assess the seriousness of the situation and identify the appropriate campus resources
 - Intervene directly with students when problems or crises arise
 - Arrange "welfare checks" on students at their residence on or off campus

For assistance with UNDERGRADUATE STUDENTS

Contact the Residential Education Office at 725-2800. If there is no answer or if you have an URGENT AFTER-HOURS ISSUE, call 24-hour Pager at 650-723-8222, Pager ID 15626.

For assistance with GRADUATE STUDENTS

Contact the Graduate Life Office (GLO) at 736-7078. If there is no answer or if you have an URGENT AFTER-HOURS ISSUE, call 24-hour Pager at 650-723-8222, Pager ID 25085.

CAPS at Vaden Health Center - CAPS staff are Stanford's experts in student mental health. CAPS offers consultation to faculty and staff about students in trouble and, if needed, intervention with students. **Contact CAPS at 723-3785** (available 24/7)

EMERGENCIES - *If a student is in imminent danger* of causing harm to him/herself or others: Call 911 (or 9-911 from campus phone).