When students experience challenges, faculty and staff are in a unique position to observe changes and intervene. Although you are not responsible for assessing or treating mental or behavioral issues, you can play a significant role in helping students identify and utilize appropriate resources to address their concerns. Students are much more likely to use campus resources if a faculty or staff member helps to connect them.

Critical Campus Resources

- **Department of Public Safety**
  Wool Center Room 114
  314-977-3000

- **University Counseling Center**
  Wuller Hall 2nd Floor
  314-977-8255
  Dial 9 after hours

- **Title IX Office**
  DuBourg Hall 36
  314-977-3838

- **Dean of Students Office**
  Busch Student Center Suite 356
  314-977-9378
deanofstudents@slu.edu

- **Student Health Center**
  Marchetti Towers (East)
  314-977-2323
  Dial 9 after hours

- **Suicide & Crisis Lifeline**
  Dial 988

Visit slu.edu/wellbeing for more resources.
Recognizing a student is in need

Trust your instinct. Showing you care is a part of supporting student mental health and well-being. Checking in is much safer than leaving the issue unaddressed. Students need to feel seen, cared for and like they are part of a community.

Signs that could indicate someone might be struggling include:

- Excessive fatigue
- Poor personal hygiene
- Inappropriate behavior
- Concerning content in assignments
- Missing assignments
- Repeated absences
- Decline in academic performance
- Reduced participation in class

Making a connection

- Find a way to speak privately.
- Tell them what you are observing that makes you concerned.
- Be respectful and kind.
- Ask open-ended questions about how they are doing. Let them know that you are here to listen. Allow the student to speak freely about what is going on. If they are slow to talk, be patient.
- Inform them of resources on campus, and offer to make a connection.
- If your offer is rejected, respect the student’s boundaries and make it clear they can come talk to you again.
- If you have concerns for their immediate safety, notify the Department of Public Safety.

Helpful language

When you notice a student might be struggling:

- “I noticed you seem a little down lately and wanted to check in. How are you?”
- "I noticed you’ve missed a few classes and wanted to check in. How are you?"

When a student shares a struggle with you:

- “Thank you for sharing this with me. Let’s brainstorm how we can get you some support. There are helpful resources on campus – can I help you make a connection?”
- “That sounds tough. It makes sense you are struggling. Can we talk about some on-campus resources that I think can help?”
- “Let me know how I can best support you during this challenging time.”

When a student needs immediate help:

- “I can tell that you’re very upset, and I’m concerned about you. I’ve worked with the counseling center, and I think they could help. Let’s walk over together.”
- If a student declines support, call DPS or 911