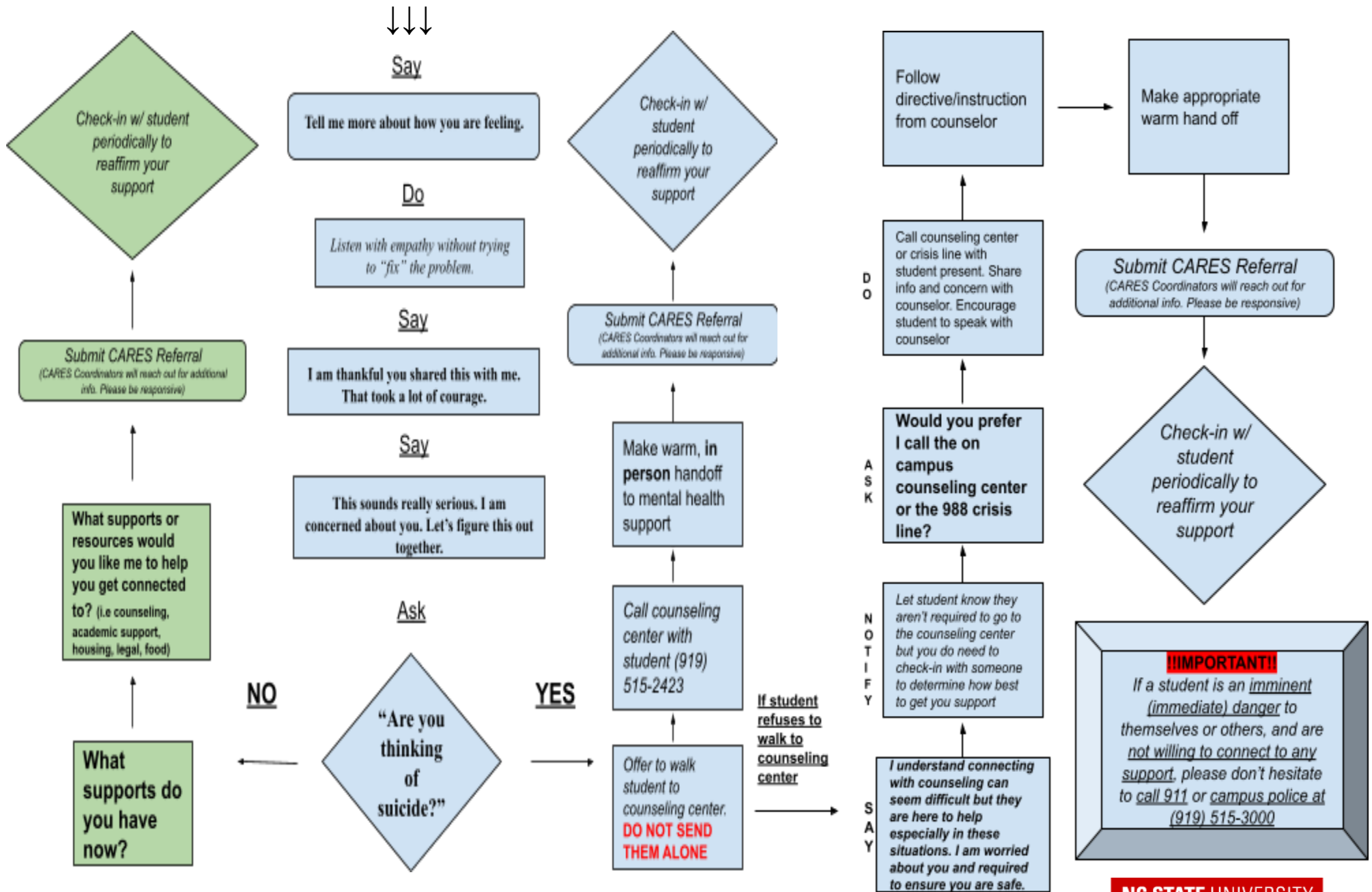


When talking to a student who is having a difficult time, please consider following this flow chart.

Start Here



Resources to Help Faculty & Staff Navigate Conversations with Students

Common Phrases to Support Students:

- “Thank you for sharing that with me.”
- “I’m concerned about you and I want to make sure you have the support you need.”
- “Would it be okay if we walked over to the Counseling Center?”

(Some) Signs of Distress Within Students

- Physical
 - Sudden changes in physical appearance
 - Lack of hygiene
 - Unkempt appearance/Wearing the same outfit for extended periods of time
 - Red eyes
- Emotional
 - Appearance of emotions like embarrassment or guilt
 - Verbally expressing things “I *should* be better about my assignments” or “I *should* be able to keep up”
 - Expressing frustration because their work is “not good enough” or not reaching out because “people won’t care”
- Behavioral
 - Shifts in attendance/class participation
 - Moving to the back of the when they used to sit near the front

Additional Resources

- The Counseling Center offers: individual sessions, group therapy, life skills workshops, psychiatry, classroom presentations, and drop-in spaces
- Support groups through the Counseling Center for students who may share an identity as it relates to gender identity, sexuality, race, ethnicity, international status, undergraduate/graduate status, and/or for students working through similar concerns (grief, perfectionism, trauma)
- Students can access AcademicLiveCare for 12 free telehealth sessions with a licensed clinical mental health counselor over the next calendar year
- Luke Strawn, CALS embedded counselor, is also available for consultation and can be reached at lrstrawn@ncsu.edu