Tools for Staff & Faculty

The following tools provide guidance on how to recognize and refer students in distress.

See Say Do Guide:

- **The guide covers example indicators of a student in distress, how to decide who you should contact if you have a concern and includes a contact list for key campus departments who can assist you.**

[1]

Promoting Student Mental Health: A guide for UC faculty and staff

- This guide was developed jointly by all 10 UC campuses and Office of the President
- The **guide is available online** [2]or you may request a printed copies by **emailing your school/division Mental Health Liaison to request a copy.** [3]
- The guide covers campus specific resources as well as:
  - Recognizing Students in Distress
  - Indicators of Distress
  - Knowing When and How to Take Action
  - Cultural Diversity: Barriers to seeking care and special considerations
  - Responding to a Distressed Student
  - Unique Considerations for Professional and Graduate students
  - What can you do as a faculty or staff member to reduce student stress?

List Serve

- SHCS maintains a listserv which is used to distribute information to staff and faculty relevant to student mental health needs.

- SHCS will send approximately 4-8 message per year which contain information such as:
  - List of outreach programs each term to which you can refer students
  - Updated resource information (ex: SeeSayDo guide updates)
  - Notice of change in SHCS services
- Sign up instructions:
  - To **subscribe** follow these directions exactly:
    - Send a one-line email message from the email address you want to use to receive information.
    - In the "To" field, enter: **listserv@listsrv.ucsf.edu** [4]
    - Leave the "Subject" field blank! Do not enter any text here.
    - In the *body* of the message, enter: **subscribe shcsfacstaff yourfirstname yourlastname**
      - (Substitute in your own first and last names.)

*/

UCSF Main Site

Links
[1] https://studenthealth.ucsf.edu/sites/studenthealth.ucsf.edu/files/SeeSayDo_StaffFacultyEdition_4Apr2016_2.pdf
[2] https://studenthealth.ucsf.edu/sites/studenthealth.ucsf.edu/files/Promoting%20Student%20Mental%20Health_Faculty Staff%20Handbook%20%2B%20Training%20Resources.pdf
[3] https://studenthealth.ucsf.edu/mental-health-liaisons#liasonList
[4] mailto:listserv@listsrv.ucsf.edu