If I call SHCS for help - what should I expect?

- If you call SHCS for help, you may be directed to a staff person who will assess your situation and provide guidance.
- You may be referred to a mental health provider for a consultation.
- You can expect to discuss the student's needs and receive information on how to assist them.
- SHCS may help you prepare to talk with the student about seeking counseling.
- The student should be referred to an off-campus provider if they have not connected with one.
- You can contact the student directly or through SHCS to provide recommendations or support.
- The staff person will provide resources and connect you to appropriate services.
- Remember, being supportive involves offering encouragement and hope.
- You may also contact FSAP or the Faculty Staff Assistance Program for additional support.
- If you have concerns about a student's mental health, it is important to communicate your concerns in a supportive way.
- SHCS will help you find a counselor outside of SHCS if needed.
- You can remain anonymous while seeking support, and students have the right to privacy.
- Counseling records are maintained separately from student's primary care records.
- If you have a concern for a Postdoc, you can contact them directly.
- SHCS follows confidentiality laws very strictly.
- FSAP also has an Officer-of-the-Day you may contact with questions.
- If you need immediate assistance, you can call 911 or contact the Health Crisis line.
- The See-Say-Do Guide can help you locate resources and navigate this process.