

4 THINGS TO KNOW ABOUT SUPPORTING STUDENT

mental wellness

YOU ARE AN IMPORTANT ADVOCATE TO HELP STUDENTS ACCESS CAMPUS WELLNESS RESOURCES EARLY

1

SPOT SIGNS OF DISTRESS & START A CONVERSATION

Download the Purple Sheet

"I care about how you're doing. Would you like to talk or hear about resources?"



Purple Sheet

2

NORMALIZE HELP-SEEKING

"Many students use campus resources to support their health and well-being.."

LEARN MORE ABOUT CAMPUS RESOURCES

Students can access individual and group counseling, 24/7 free virtual services, crisis services, and more.

3



PAWS appts



HuskiesCare

4

IF YOU'RE UNSURE OR A SITUATION IS COMPLEX,

submit a CARE referral, which goes to the CARE Team or the Office of Student Advocacy and Support



CARE referral