

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 at tacoma.uw.edu/care

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

2

NORMALIZE HELP-SEEKING

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

3

LEARN MORE ABOUT CAMPUS RESOURCES

tacoma.uw.edu/paws/making-appointment

uwtacoma.concerncenter.com

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

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