

# 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

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

The **Purple Sheet** provides a quick guide to signs of distress and how to respond. Download and make it easily accessible.



Purple Sheet

3

### LEARN MORE ABOUT CAMPUS RESOURCES

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



counseling center appointments



HuskiesCare

2

### NORMALIZE HELP-SEEKING

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

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