

SUPPORTING RESIDENTS' MENTAL HEALTH

METHODS OF ROOM SELECTION

According to Active Minds, approximately one third of college students live with some kind of mental health issue. House Directors may be the first to notice that a resident is struggling with an issue. House Directors have an opportunity to provide support and serve as a resource for residents. However, it is important to refer a resident who may be in need of more support.

What can you do if a resident approaches you regarding a mental health issue?

- Validate
 - Let them know that what they are feeling is okay and you believe them.
 - “That makes sense” and “That sounds difficult” are two ways to validate.
- Appreciate
 - Speaking up is challenging so let them know you applaud them and support them.
 - “Thank you for sharing” and “I’m here for you” are two ways to appreciate.
- Refer
 - Let them know that help is available and lead them to appropriate resources.
 - “I think it may be helpful to talk to someone. I can stay with you while you call” is a way to refer.

Here are examples of when to refer a resident to on-campus counseling:

- Resident is withdrawn more than usual
- Resident talks about a history of problems
- Resident talks about drug and/or alcohol abuse
- Resident is not making sense to you and/or exhibiting bizarre behaviors
- Another resident or parent contacts you multiple times about a resident
- Resident talks about suicide or death

Other referral resources to keep in mind:

- Active Minds website and resources
- Talk with someone else that they trust
- Check out support groups
- Increased self-care
- Crisis Text Line (Text Brave to 741-741)
- National Suicide Prevention Lifeline (1-800-273-TALK)
- Campus resources