

Learn How to Answer a Cry for Help...

As faculty, staff, or a student at UCR, you may encounter a student who exhibits distressed, disruptive, or dangerous behavior. This behavior is often a cry for help, and you are on the “front line” to recognize and respond to it. Learn how to provide effective, often life-saving assistance by attending one or more of these important workshops:

- **Recognizing and Responding to Distressing or Disruptive People**
- **Working with Emotionally Distressed Students**
- **Campus Connect: Suicide Awareness Training**

These workshops offer practical advice and techniques to help you address the needs of someone in distress and maintain a safe, secure campus. The training is focused on helping students, but the skills you learn can also be used to help colleagues and peers in distress. After completing this series, you will know how to:

- **Recognize someone who may be a threat to themselves or others**
- **Appropriately intervene to help**
- **Determine the right mental health resources, given the situation or need**
- **Effectively present referral information**
- **Diffuse a situation so it does not repeat or escalate**

For more information or to enroll, go to ucrllearning.ucr.edu (key word: *Distressed*) or email casemanagdos@ucr.edu

DISTRESSED STUDENT WORKSHOP SERIES

Enroll Now

Be prepared to answer a cry for help. Enroll now for one or more workshops – anyone with a **UCR password** and **Net ID** can access these classes for free.

1. Go to the UC Learning Center at ucrllearning.ucr.edu
2. Click Login Now
3. Enter your UCR NetID and password
4. Type the word “*Distressed*” in the search field and click Go
5. Click on the title of the class you wish to attend and select Register
6. Review the activity details and select Submit to complete your registration

counseling.ucr.edu • deanofstudents.ucr.edu

For other mental health-related concerns, contact the **UCR Counseling Center** at (951) 827-5531, or the **Student Affairs Case Manager** at (951) 827-9354.



WELLNESS • RECOVERY • RESILIENCE

CRITICAL RESOURCES

RIVERSIDE HELPLINE 1-800-686-HELP • 1-(800) 686-4357 • (24 Hours)
NATIONAL SUICIDE HOTLINE 1-800-SUICIDE • 1-(800) 784-2433 • (24 Hours)
CAMPUS HEALTH CENTER • (951) 827-3031

DISTRESSED STUDENT WORKSHOP SERIES

DON'T GET CAUGHT UNPREPARED!

Attend one, two, or all **three free workshops** in this series to learn how to help a student who is in distress, or causing distress to others. Get the skills and resources you need to diffuse situations before they get dangerous – and to positively impact lives..

Open to faculty, staff, and students.

Find out more and enroll at ucrllearning.ucr.edu

DISTRESSED STUDENT WORKSHOP SERIES

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Overview of Workshops

Sign up for one, two, or all three *free* workshops for yourself or for your entire department or student organization. Attending all three will help you be well prepared for a variety of situations and needs. Find dates, times, places, and enrollment information at ucrllearning.ucr.edu.

Workshop #1: Recognizing and Responding to Distressing and Disruptive People (60 minutes)

Instructors: UCR's Student Affairs Case Manager/Licensed Clinical Social Worker and UCPD's Crime Prevention Officer

Learn how to recognize and respond to distressed or distressing students. Topics include:

- A brief introduction to current college mental health issues
- Tips and strategies for interacting with a distressed student
- When and how to notify appropriate staff and refer a student to the right resources
- Information on UCR resources and policies to support faculty, staff, and student leaders faced with a distressed student
- Documentation and notification procedures

Workshop #2: Working with Emotionally Distressed Students (60 minutes)

Instructors: UCR Counseling Center's Professional Clinical Staff

Learn common mental health concerns that students may face, how to recognize and respond to students showing signs of emotional distress, and how to help within the scope of your role. Topics include:

- Signs of distress and different ways to recognize them
- How to approach individuals who may be struggling with mental health concerns
- Tools and strategies for responding to the emotionally distressed student
- Appropriate interventions, referral resources, and referral skills
- Basic training in listening and helping skills

Workshop #3: Campus Connect: Suicide Awareness Training (90 minutes)

Instructors: UCR's Student Affairs Case Manager/Social Worker, UCR's Counseling Center's Professional Clinical Staff, and UCR's Student Affairs Professionals

Through experiential exercises and frank discussion, learn how to effectively interact with a suicidal student and overcome obstacles that often leave someone in crisis feeling judged, misunderstood, invalidated, and dismissed. Topics include:

- Suicide myths and warning signs
- Recent issues and trends related to college student mental health, suicide, and campus suicide prevention
- How to ask students about suicidal thoughts and refer them to professional mental health resources
- How to ease feelings of isolation that a student in crisis may have
- Effective communication and relationship-building skills
- Discussion of typical emotional reactions experienced by distressed students in crisis and gatekeepers
- Campus resources and referrals