

Faculty Guide to Supporting Student Mental Health

How to create a culture of care on campus

The State of Student Mental Health

The J. F. Kennedy Foundation (JED) is a non-profit organization that has been instrumental in the development of the student mental health movement. The J. F. Kennedy Foundation (JED) is a non-profit organization that has been instrumental in the development of the student mental health movement. The J. F. Kennedy Foundation (JED) is a non-profit organization that has been instrumental in the development of the student mental health movement.

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About The Jed Foundation

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Faculty Are on the Frontlines

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How to Support Mental Health in the Classroom

Author: [Name] | Date: [Date] | Topic: Mental Health in Education | TA: [Name]

How to Recognize a Student Who Is Struggling

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- Missed assignments
- Repeated absences
- Decline in academic performance
- Reduced participation
- Excessive fatigue
- Poor personal hygiene
- Inappropriate or exaggerated behavior

How to Know When a Student Needs Immediate Help

A student may be at immediate risk and should be connected to professional mental health services right away if they:

- Express despair. Student may say, "I can't go on," "I don't want to live," or "I wish I were dead."
- Express hopelessness. Student may say, "I will never get better," "I will never be happy," or "I will never find a job."
- Talk about leaving their family or friends. Student may say, "I want to leave home," "I want to run away," or "I want to disappear."
- Mention self-harm. Student may say, "I want to hurt myself," "I want to kill myself," or "I want to die."
- Show signs of self-injury. Student may have cuts, scratches, or bruises on their arms or legs.

What to do:

- Stay calm. Try to remain calm and listen to the student. Do not panic or overreact.
- Let them know you hear them and want to help. Show empathy and let the student know you are there for them.
- Walk the student to the campus counseling center. If the student is in immediate danger, call campus security and/or 911.
- Stay with the student until help arrives. Do not leave the student alone.

How to Start the Conversation

Ways to approach a struggling student.

- . I've noticed you've seemed a little down lately, so I wanted to check in with you. What's been going on,,
- . I noticed you missed class a few times. What's going on for you,,
- . You seem really tired in class lately. How are you doing these days,,

Ways to respond when a student shares their struggle with you.

- . I'm so glad you told me about this. Let's brainstorm how we can get you some support,
- . Thank you for sharing this with me. There's good support on campus I'll help connect you to it,
- . Wow, that sounds really hard. It makes sense you are struggling. Let's figure out what on-campus supports can help you right now,

Ways to talk with a student who needs immediate help.

- . I understand that you are hurting right now. I am here to help you and connect you to good support on campus,
- . I hear that you feel hopeless right now. I've worked with the counseling center, and I think they could help. Let's walk over together,
- . I can tell that you're very upset, and I'm concerned about you. I'm going to connect you with someone who can help you stay safe,

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