

# Student Mental Health

## What role can faculty play?

### Recognize, Respond and Refer

#### What is mental illness?

Mental illness describes a range of mental disorders affecting thinking, mood and behaviour.

Mental health issues often develop during the ages young people are at university (ages 18-25).

There is a strong relationship between mental health problems and academic outcomes.

Suicide is the second leading cause of death in Canada in ages 16-25.

To report an  
**EMERGENCY call**  
Campus Enforcement  
and Patrol

**864-4100**

\*Program this # in your phone.

#### Look for known signs of distress in students.

##### 1) Academic signs

Deterioration in quality/ quantity of work. Repeated absences from class or from research lab. Decline in enthusiasm in class (e.g. no longer choosing a seat in the front of the room). Student sends frequent lengthy, "ranting" or threatening types of emails to the professor. Continual seeking or special provisions (e.g., late papers, extensions, postponed exams, and projects). Leaves class repeatedly during class (appearing to take phone call or text)

##### 2) Physical Signs

Falling asleep in class or other inopportune times. A dramatic change in energy level (either direction). Worrisome changes in hygiene or personal appearance. Frequent state of alcohol intoxication. Student is missing completely. Disruptive classroom behaviours.

##### 3) Emotional Signs

Inappropriate emotional outbursts (unprovoked anger or hostility, sobbing). Exaggerated personality traits; more withdrawn or more animated than usual. Expressions of hopelessness, fear or worthlessness; themes of suicide, death and dying in paper/projects. Direct statements indicating distress, family problems or other difficulties. Peer concern about a fellow student (in class, lab, residence, etc.)  
How You Can Help (ALSR – 4 steps)

#### You can help using the following 4 steps:

#### A..L..S..R

**Approach** (eg You seem to be out of sorts lately. How are you doing?)

**Listen** (eg That sounds like it is hard to deal with.)

**Support** (eg It is not uncommon for people to feel this way. You are not alone.)

**Refer** (eg There are some great resources on campus to help you)

#### Some resources available to students at Memorial who may be in distress.

Student Support and Crisis Management (UC3005)

Student Health Clinic (UC4023)

Student Wellness & Counseling Centre (UC5000)

Aboriginal Student Office (UC4003)

Campus Enforcement and Patrol (864-4100)

Glenn Roy Blundon Centre (UC4007)