

# A Faculty Guide to Mental Health Services & Assisting At-Risk Students

## Our Center

Counseling & Psychological Services (CPS) is MSU's center for mental health services. It is accredited by the International Association of Counseling Centers, is a recipient of a federal grant from the Substance Abuse and Mental Health Services Association, and its Doctoral Internship Program is accredited by the American Psychological Association.

## Our Staff

The CPS staff is comprised of licensed Master's & Doctoral-level counselors and psychologists from accredited training programs who have expertise in college student mental health and development. CPS also hosts advanced professionals earning their Master's and Doctoral degrees who are supervised by licensed staff members.

## Counseling Services

CPS provides free and confidential individual, group, and couples counseling to MSU students. Medication management/consultation is available through Medical Services at University Health Partners, who work closely with CPS. At times, students may be better served by community resources; in those situations CPS will work closely with students to facilitate that referral.

## Prevention & Education

CPS provides seminars on:

- ~Mental Health & Wellness
- ~Time/Stress Management
- ~Academic and Life Skills
- ~Suicide Prevention

Access the Mental Health Resources & Crisis Protocol, as well as other prevention information at:

[www.montana.edu/suicide-prevention](http://www.montana.edu/suicide-prevention)

## Consultation

CPS is available to faculty and staff to answer questions about how to proceed with students of concern, including how to intervene and refer them for additional support.

## Crisis or Emergency

CPS is available for crisis intervention and risk assessment in emergency situations by calling CPS during business hours (994-4531) and UPD after hours (994-2121). In the event of a student death, CPS also provides on-site grief counseling, crisis intervention, and walk-in services, as well as consultation to faculty/staff regarding student notification, grief/loss education, and available campus resources.

## Confidentiality:

In Montana, students 16 years or older are legally entitled to receive confidential counseling. CPS staff are legally and ethically bound to maintain students' confidentiality and cannot disclose any information unless a student grants written permission consenting to do so. In situations where faculty/staff refer a student, CPS attempts to obtain this consent in order to follow up with the referring party. If a student does not grant this permission, confidentiality cannot be broken unless necessary to protect the student or others from harm.

## Some warning signs that a student may be struggling:

- Intense sadness, depression, or anxiety
- Changes in mood or behavior
- Decline in academic/job performance
- Poor class attendance/participation
- Panic attacks in class
- Irritability or agitation
- Social withdrawal
- Threats of harm to others
- Threats of harm to/killing self
- Seeking means of harm/suicide-pursuing access to firearms, available pills, or other means
- Verbal statements, class writings or social media posts that discuss:
  - ~Loneliness or isolation
  - ~Hopelessness, worthlessness or pessimism
  - ~Suicidal behaviors, thoughts, or intention
  - ~Rage, uncontrolled anger, seeking revenge
  - ~Engaging in reckless or risky activities
  - ~Feeling trapped – like there's no way out
  - ~Increased/problematic alcohol/drug use
  - ~Problems with sleep or appetite
  - ~A sense of failure, (real or perceived)
  - ~Loss-including deaths, relationships, school, jobs, etc.
  - ~Belief that there is no reason/purpose to live, feeling like a "burden"



**Counseling & Psychological Services**

211 Swingle Hall | 406.994.4531 | [www.montana.edu/counseling](http://www.montana.edu/counseling)

## A Culture of Support

At MSU we try to create a culture where we support students who may be struggling. This includes reaching out if we see a student having difficulty, and knowing how to refer a student for support if they come to us for help.



Let's talk about it.

### What to Do

- ~Be direct. Ask how they are doing and share your concerns and observations.
- ~Show support: "I'm here to give you whatever help and support I can."
- ~Ask if they are thinking about suicide: Asking someone about suicide doesn't put the idea into their head, and will let you know the nature of the crisis and level of intervention needed.
- ~Listen non-judgmentally: Allow them to express how they feel; don't discuss whether suicide is right or wrong, or whether the feelings are good or bad.
- ~Get help: Call CPS, a crisis line, or the police.
- ~Take action: Remove means, such as guns or pills.
- ~Offer hope that help and support are available, but don't offer glib reassurance-it only shows you "don't understand."

### Don't

- ~Act shocked. This could put distance between you and the student or create secrecy to protect your feelings
- ~Be sworn to secrecy. You and the student will need additional support. You cannot manage someone's suicidal thoughts or mental health issues on your own.
- ~Say that suicide is "selfish" or lecture about the value of life: It may reflect that you don't hear

### Who to Call

If it is an imminent crisis (such as the student threatening immediate suicide, self-harm, or harm to others), call UPD at 994-2121 or 911.

If you are worried about a student and want consultation about how to talk with them, call CPS at 994-4531.

If a student is non-responsive to your efforts to get them help and you believe they need someone to reach out to them, call the Dean of Students Office at 994-2826. You can also use their online reporting form at: [www.montana.edu/deanofstudents/csw.html](http://www.montana.edu/deanofstudents/csw.html).



#### Resources

Counseling & Psychological Services:	406-994-4531
University Police:	406-994-2121
Dean of Students:	406-994-2826
Bozeman Help Line:	406-586-3333
National Lifeline:	1-800-273-8255
Crisis Text Line:	741741



#### Training

For training in suicide prevention, call CPS to schedule a QPR training for your department, office, or group.



An online training module, Kognito At-Risk, is also available at [www.kognitocampus.com/login](http://www.kognitocampus.com/login). This is a 45-minute training module that can be completed at your convenience. The MSU access code is: [msuboze](http://msuboze)