

# SUPPORTING STUDENTS IN & OUT OF THE CLASSROOM

Tips for supporting students of concern

## SUPPORTING STUDENTS OF CONCERN STARTS WITH AWARENESS

It is important to recognize that when a student walks into a classroom or an office, we do not know everything a student may be experiencing. We only get to see a glimpse of their life.

There are many factors that can impact students in and outside of the classroom which can directly influence their success and well-being. These factors include, but are not limited to: mental health, physical wellness, grief, trauma, financial instability, food and housing insecurity, and transitions to college.

Resources:

<https://studentwellness.uci.edu/topics/mental-health-awareness>

<https://www.ucop.edu/student-mental-health-resources/training-and-programs/student-promising-practices/index.html>



## KNOW THE IMPORTANCE OF BEING PRESENT & ATTENTIVE



Being present and attentive is key to noticing indicators or signs a student may need additional support and help. There are many signs a student may need support including, but not limited to: disruptive behavior, missing repeated classes, decline in academic performance, changes in hygiene & mood, thoughts of death or suicide, and withdrawal from others.

To promote the well-being of students, the classroom, and the greater campus community, we collectively have a duty to:

**SEE SOMETHING. SAY SOMETHING. DO SOMETHING.**

Resources: <https://whcs.uci.edu/redfolder>

## SEE SOMETHING. SAY SOMETHING. DO SOMETHING.

As educators and resources for students, our work contributes to a student's experience in and out of the classroom.

### SEE SOMETHING.

Be present and attentive. If you observe changes or signs concerning a student's academic, behavioral, physical, and/or psychological well-being, speak up.

### SAY SOMETHING.

Do not assume other people will report or follow up with the student exhibiting concerning behavior. Your voice matters and can make a difference.

### DO SOMETHING.

Your response may vary depending on the situation, severity, and circumstances. Use the red folder (<https://whcs.uci.edu/redfolder>) as a guide to developing the appropriate response and refer the student to the necessary resources for support. For more information on where to refer a student, review: <https://whcs.uci.edu/where-do-i-refer-student>

Resources:

<https://counseling.uci.edu/resources/#staff>

<https://whcs.uci.edu/redfolder>

<https://whcs.uci.edu/where-do-i-refer-student>



## REFER TO CAMPUS RESOURCES

Help-seeking behaviors may differ between students. Never assume you know what is best for the student; rather, be a bridge of communication between students and campus partners and inform them of resources available. We collectively contribute to the success and well-being of our campus community.

Campus Assault Resources & Education (CARE):	949.824.7273
Campus Social Worker:	949.824.0101
Center for Black Cultures, Resources, & Research:	949.824.2000
Counseling Center:	949.824.6457
Cross-Cultural Center:	949.824.7215
Disability Services Center:	949.824.7494
FRESH Basic Needs Hub:	949.473.2806
International Center:	949.824.7249
Lesbian, Gay, Bisexual, Transgender Resource Center:	949.824.3277
Office of Academic Integrity & Student Conduct:	949.824.1479
Office of Equal Opportunity & Diversity (OEOD):	949.824.5594

Office of the Dean of Students:	949.824.5181
Office of the Ombudsman:	949.824.7256
Student Health Center:	949.824.5301
Student Outreach & Retention Center:	949.824.5762
Student Wellness & Health Promotion:	949.824.9355
UCI Police Department:	949.824.5223
Veteran Services Center:	949.824.3500
Womxn's Hub:	949.824.6000
National Suicide Prevention Hotline:	1.800.273.8255
Just in Case App:	Click <a href="#">Here</a>
Community Resources Hotline:	211

Please note this list serves as a quick and helpful reference and is not intended to be an exhaustive list of resources available.

Resources: Promoting Student Mental Health: A Guide for UC Faculty and Staff  
[https://www.ucop.edu/student-mental-health-resources/\\_files/pdf/PSMH-guide.pdf](https://www.ucop.edu/student-mental-health-resources/_files/pdf/PSMH-guide.pdf)

# SUPPORTING STUDENTS IN & OUT OF THE CLASSROOM

Interested to learn more about how to support students of concern?

## INCIDENT RESPONSES & REFERRALS

Below you will find resources that can serve as a guide to supporting students of concern.

### WHAT IS UCI'S RED FOLDER?

Review this resource to learn more about how to support students of concern, signs of distress, campus resources, and response protocols. <https://whcs.uci.edu/redfolder>

### WONDERING WHERE TO REFER A STUDENT?

For additional guidance on who to consult with and refer to, review the webpage created by Wellness, Health & Counseling Services, titled: "Where Do I Refer a Student?" This page includes helpful information if you have concerns about a student or if you would like to learn more about the campus resources that may appropriate to contact for additional support: <https://whcs.uci.edu/where-do-i-refer-student>.



## PROMOTING STUDENT MENTAL HEALTH & WELL-BEING

Mental health and well-being can impact members of our Anteater community. Below you will find more information on how you can promote student mental health.



### WANT TO INTEGRATE WELLNESS IN CLASS?

Review UCI's guides to "Integrating Well-being Concepts into Learning Environments." These include tangible actions, suggestions, and tips to promote wellness and student success. To review, click the links below:

[https://whcs.uci.edu/sites/default/files/integratingwellbeingguide\\_full.pdf](https://whcs.uci.edu/sites/default/files/integratingwellbeingguide_full.pdf)  
[https://whcs.uci.edu/sites/default/files/integratingwellbeingguide\\_onepage.pdf](https://whcs.uci.edu/sites/default/files/integratingwellbeingguide_onepage.pdf)

### LOOKING TO LEARN MORE ABOUT STUDENT MENTAL HEALTH?

Review the UC Mental Health Handbook titled: "Promoting Student Mental Health: A Guide for UC Faculty and Staff" to learn more about mental health and how to assist students who may be in distress or of concern. Use the following link to access the handbook: <https://www.ucop.edu/student-mental-health-resources/training-and-programs/faculty-and-staff-outreach/PSMH-Handbook.html>

Watch the Youtube video by UC Student Mental Health titled "Why Student Mental Health Matters - UC Irvine." This video includes interviews from faculty and staff at all 10 UC campuses discussing the importance of supporting student mental health. To access the video click the following link: [https://www.youtube.com/watch?v=b3Qxf\\_JGYMo&list=PL-7zb9cvniha8QZYs3i2bSEnPKcR3pCA6&index=3&t=0sl](https://www.youtube.com/watch?v=b3Qxf_JGYMo&list=PL-7zb9cvniha8QZYs3i2bSEnPKcR3pCA6&index=3&t=0sl)

## ADDITIONAL RESOURCES

### INTERESTED IN ATTENDING A WORKSHOP?

UCI offers free workshops for faculty and staff if you would like to gain or enhance your skills and knowledge related to bystander intervention, suicide prevention, or how to address disruptive behavior and students in distress. Click the link below to learn more: <https://counseling.uci.edu/docs/Managing-Distress-in-the-University-Community.pdf>

### WHERE CAN I FIND MORE RESOURCES AND INFORMATION?

Review the UCI "Training, Education and Resources" section included in the UC Mental Health Handbook: [https://www.ucop.edu/student-mental-health-resources/\\_files/pdf/PSMH-Irvine-insert.pdf](https://www.ucop.edu/student-mental-health-resources/_files/pdf/PSMH-Irvine-insert.pdf)

For a list of additional faculty and staff resources offered by the Counseling Center, use the following link: <https://counseling.uci.edu/resources/#staff>

For a more detailed list of on campus and off campus community resources review the "Campus Assist List" by using the following link: <https://help.uci.edu/>



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