

STUDENT REFERRAL SHEET

Please refer to this chart for connecting students with the appropriate institutional resource. Click on the links for more information.

HAVE A STUDENT IN AN IMMEDIATE CRISIS?

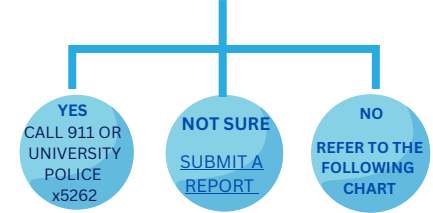
ANYTIME A STUDENT MENTIONS SUICIDE IN ANY FORM CONNECT THEM TO THE 24/7 CRISIS LINE (866) 743-7732 or TELUS Health APP

Call. Chat. Anytime. Anywhere.



Download the Student Support app today.

ARE THEY A DANGER TO THEMSELVES?



WHAT YOU HEAR FROM A STUDENT

FOLLOW-UP QUESTIONS

REFER THE STUDENT TO

ADDITIONAL SUPPORT

Moderate to Severe Psychological Symptoms, Distress, and/or Difficulty Functioning
Experience Grief/Loss or Other Traumatic Event

HAVE YOU FELT THIS WAY BEFORE? HOW LONG?
HOW IS YOUR MOOD IMPACTING YOUR RESPONSIBILITIES?
WHAT TYPES OF COPING STRATEGIES DO YOU USE?

COUNSELING CENTER
(413) - 572-5790
[VISIT WEBSITE](#)
TELUS HEALTH
24/7 CRISIS LINE
(866) 743-7732

CASE MANAGEMENT TEAM
(413) - 572-5421
[SUBMIT A REPORT](#)

MILD TO MODERATE PSYCHOLOGICAL SYMPTOMS
SITUATIONAL AND/OR TEMPORARY STRESSORS
SHORT-TERM DISTRESS

HOW TO MANAGE STRESS AND BALANCE YOUR RESPONSIBILITIES?
WHAT WOULD YOU NEED TO MAKE SUSTAINABLE LIFESTYLE CHANGES?

[Wellness Services](#)

STRUGGLES TO MEET ACADEMIC DEMANDS
DIFFICULTY COMMUNICATING WITH PROFESSORS
DIFFICULTY UNDERSTANDING COURSE CONCEPTS
OVERWHELMED ACADEMICALLY

TELL ME ABOUT HOW YOU ORGANIZE YOURSELF FOR CLASSES, PRIORITIZE YOUR DEADLINES, AND COMBAT PROCRASTINATION?
TELL ME ABOUT YOUR INTERACTIONS WITH YOUR PROFESSORS?

[THE READING AND WRITING CENTER](#)
[TUTORING AND LEARNING CENTER](#)
[DISABILITY SERVICES](#)
[OFFICE OF ACADEMIC ADVISING AND TRANSFER TRANSITION](#)

[THE CARE CENTER](#)
[BANACOS ACADEMIC CENTER](#)
[TRIO SUPPORT SERVICES](#)
[URBAN EDUCATION](#)
[VETERAN AND MILITARY SERVICES](#)