How to Make a Referral for Mental Health Concerns

1. Contact Public Safety immediately at 861-1421 if you believe the student is in immediate danger of hurting themselves or someone else.

2. If the student is not in immediate danger, tell the student that it sounds like he/she is under a great deal of stress, and you wonder if he or she has thought of talking to a professional counselor. Be sure the student knows you mean a mental health professional, not an academic advisor.

3. If the student says yes, ask if he or she is currently seeing a counselor. If so, suggest that the student call to make an appointment as soon as possible.

4. If the student has been to the Counseling Center in the past and would prefer to see a different Counselor, this can usually be arranged.

5. If the student is not currently seeing a counselor, but seems open to the idea, give him or her the basic information about the Counseling Center. Emphasize that you know that the Counseling Center has helped other students with a wide variety of problems, and that you think it would be a good idea if the student gave it a try.

6. If the student says he or she just wants to talk to you, explain that you can help as a mentor, but you are not trained to help the same way a counselor can.

7. Be sure that the student knows that services are free and confidential. The Counseling Center can also refer the student to an off campus provider if the student prefers.

8. If the student refuses to set up an appointment or is vague about it, provide information (such as the Counseling Center is located at 1307 Main Street, 861-1510) and don’t argue – just say, “Well, maybe you will be interested at another time.”

9. If you are concerned that the student may be in any kind of danger or that the problem is really serious, call the Counseling Center and ask for a “consult”. You can let a counselor know what is happening with the student and get some ideas on how to help or what to do.

10. The Counseling Center is open from 8 am to noon, and 1 pm to 4:30 pm, Monday through Friday. Please be sure to follow up with the Counseling Center on the next business day to let us know what happened.