College Mental Health II: I Want to Help, But How?

We have talked about the increase in mental health concerns amongst our college students. And we have talked about why we are seeing this increase. Now, let’s talk about how we can feel more prepared to help our students!

This program is meant to serve as a Part II to the College Mental Health: Understanding and Helping Your Students in Distress workshop.

We will address:

- How to better identify students in distress
- Understanding what different types of distress look like in a student
- How to effectively talk to a student in distress
- Knowing your boundaries and limits to what you can provide
- How to feel more effective in your referrals for a student in distress

Although this workshop is meant to follow College Mental Health: Understanding and Helping Your Students in Distress, it is not required that you have attended Part I to benefit from Part II.

We ask that prior to attendance, you complete the 30-minute “At-Risk” training which can be accessed with your TxState NetID and password at www.counseling.txstate.edu/parfacstaf/fac/log-in-credentials.html.