

TIPS FOR HELPING A STRESSED STUDENT

CSU Counseling Center – (706) 507-8740 – Schuster Center 301 – counseling.columbusstate.edu

Common Warning Signs

Academic Problems

Interpersonal Problems

Behavioral
Acknowledge inappropriate or strange behavior.
Try to respect the student's value system.
Clarify the limits on your ability to help.
You are not trained to assist struggling students.
Avoid making promises of complete confidentiality.
(Do not tell them what is happening.) Instead, you might "need to know" to do their jobs.

If a student appears to be an imminent risk of causing harm to self or others, call 911 **immediately.**

How to Make a Referral