COUNSELLING & CLINICAL SERVICES

Identifying, Helping, & Referring Students in Distress

Counselling & Clinical Services
2-600 SUB
780-492-5205
http://mentalhealth.ualberta.ca
Agenda

- Introductions
- Common Concerns
- Indicators of Distress
- How to Help Those in Distress
- Questions
Why identifying distress is important...

Increasing Pressure

Escalation

Feeling Overwhelmed
A few statistics...

- 1 in 5 Canadians will experience a mental illness at some time in their lives
- Mental disorders are the leading cause of disability for ages 15-44
- Leading causes of non-disease death for ages 15-24:
  1) Accidents
  2) Suicides
  3) Homicides
- 2 out of every 3 college students who are depressed never seek help
2016 National College Health Assessment (NCHA): Canadian Sample

- 60% felt that things were hopeless
- 44% felt so depressed it was difficult to function
- 13% seriously considered suicide
- 9% intentionally cut, burned, bruised, or otherwise injured self
Top 3 Presenting Concerns at CCS

- Depression
- Anxiety/Panic
- Social & Relationship Problems
Indicators of Distress

- Academic
- Emotional
- Social
- Behavioural
Academic Indicators

- Repeated absences, tardiness
- Missed assignments, appointments, meetings
- Disruptive classroom behaviour, intoxicated in class
- Chronic procrastination, repeated requests for special consideration, neglect of responsibilities
- Drop in grades (deterioration in quality/quantity of work, erratic performance)
- Written work – inappropriate, incoherent or bizarre (violent, morbid, despair, social isolation)
Emotional Indicators

- Emotional outbursts; extreme mood swings
- High levels of anxiety, dependency
- Overt references to suicide, self-harm, or harm to others
- Difficulty concentrating
- Hopelessness, helplessness
- Extreme suspiciousness/paranoia
Behavioural Indicators

- Aggressive, demanding, disruptive, or bizarre behaviour
- Deterioration in personal hygiene
- Dramatic weight gain/loss
- Seeing or hearing things that are not there
- Agitation, restlessness, or hyperactivity
- Excessive Fatigue
Social Indicators

- Open conflict with instructors, students, staff
- Isolation from other students, highly withdrawn in class
- Significant problems with roommates, friends, family
- Little or no contact with friends or family
How can you help…

- Consult
- Refer
- Talk to them
How to Talk to Someone In Distress
Express Your Concern

Meet privately
Express Care
Be Direct & Honest
Be Specific
Ask Open Ended Questions
Empathize & Listen

- Normalize
- Validate
- Allow for Silences
- Empathize without Agreeing or Disagreeing
- Avoid Judgment & Criticism
Know Your Limits

- Avoid Making Promises
- Be Aware & Express Limits to Your Knowledge
- Maintain Boundaries
- Be Mindful of Your Safety
- Consult
Check for Safety

- Look for Signs of Safety Risks
- Ask Directly
- Don’t Promise Confidentiality
How to ask about suicide...

Do they have a plan?

Do they intend to act on it?

Do they have a timeframe?
Counselling & Clinical Services

- Registered Psychologists
- Registered Nurses
- Psychiatrists
- Graduate Interns
- Support Staff/Admin

CCS Staff
What we offer...

- Walk-In Consultations
- Individual and Couples Therapy
- Group Therapy
- Drop-In Workshops
- Physician Care for Mental Health Needs
- Psychiatric Assessment
Counselling & Clinical Services

Location
• 2-600 Students' Union Building (SUB)

Hours
– Monday, Thursday, & Friday: 8 AM - 4:30 PM
– Tuesday & Wednesday: 8 AM - 7 PM

Phone: 780.492.5205

First Visit
• Please call us or walk-in during our offices hours and ask a receptionist for an Initial Consultation.
Peer Support Centre

• Peer Support Centre (book an appointment or walk-in)
  – 2-707 SUB
  – 780.492.4268
  – psc@su.ualberta.ca
Edmonton Distress Line

780-482-HELP (4357)

– Open 24/7 for crisis situations
– Confidential supportive listening
– Can offer resources and referrals
QUESTIONS?

Thank You!

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