

Faculty Guide to Supporting Student Mental Health

How to create a culture of care on campus

The Student Meltal Heat

The student meltal heat is a process that occurs when a metal is heated to its melting point. The heat energy is used to break the bonds between the metal atoms, allowing them to move more freely. This process is reversible, and the metal will solidify again when it is cooled. The student meltal heat is a common process in metalworking, and it is used to create a variety of metal products. The student meltal heat is a process that occurs when a metal is heated to its melting point. The heat energy is used to break the bonds between the metal atoms, allowing them to move more freely. This process is reversible, and the metal will solidify again when it is cooled. The student meltal heat is a common process in metalworking, and it is used to create a variety of metal products.

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About The Jed Foundat on

The Jed Foundation (JED) is a non-profit organization that provides financial support to students who are pursuing higher education. The foundation was established in 1984 and has since then provided over \$100 million in financial aid to students from all over the world. The foundation's mission is to provide financial support to students who are pursuing higher education. The foundation was established in 1984 and has since then provided over \$100 million in financial aid to students from all over the world. The foundation's mission is to provide financial support to students who are pursuing higher education. The foundation was established in 1984 and has since then provided over \$100 million in financial aid to students from all over the world. The foundation's mission is to provide financial support to students who are pursuing higher education.

Faculty Are on the Frontlines

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How to Support Mental Health in the Classroom

Author: [Name] | Date: [Date] | Page: [Page] | TA: [TA]

How to Recognize a Student Who Is Struggling

Students who are struggling may exhibit various signs and symptoms. These can include changes in behavior, academic performance, and social interactions. It is important to observe these signs and provide support when needed.

Teachers and parents should be vigilant in recognizing these signs and providing appropriate support. Early intervention can help prevent further academic and social difficulties.

- Missed assignments
 - Excessive fatigue
 - Repeated absences
 - Poor personal hygiene
 - Decline in academic performance
 - Inappropriate or exaggerated behavior
 - Reduced participation in class
- Students who are struggling may also exhibit signs of stress, anxiety, or depression. It is important to provide support and resources to help them cope with these challenges.

How to Know When a Student Needs Immediate Help

A student may be at immediate risk and should be connected to professional mental health services right away if they:

- Express despair. Statements such as "I can't go on" or "I wish I were dead."
- Express hopelessness. Negative statements such as "I will never get better" or "I will never be happy."
- Talk about leaving their family or friends. Statements such as "I don't want to go home" or "I don't want to see my family."
- Mention self-harm. Statements such as "I want to hurt myself" or "I want to kill myself."
- Show signs of self-injury. Statements such as "I cut myself" or "I have scars on my arm."

What to do:

- Stay calm. Take a few deep breaths and try to remain calm.
- Let them know you hear them and want to help. Say something like "I'm here for you" or "I care about you."
- Walk the student to the campus counseling center.
- Call campus security and/or 911 if you are unsure what to do.
- Stay with the student until help arrives.

How to Start the Conversation

Ways to approach a struggling student.

- . I've noticed you've seemed a little down lately, so I wanted to check in with you. What's been going on,
- . I noticed you missed class a few times. What's going on for you,
- . You seem really tired in class lately. How are you doing these days,

Ways to respond when a student shares their struggle with you.

- . I'm so glad you told me about this. Let's brainstorm how we can get you some support,
- . Thank you for sharing this with me. There's good support on campus. I'll help connect you to it,
- . Wow, that sounds really hard. It makes sense you are struggling. Let's figure out what on-campus supports can help you right now,

Ways to talk with a student who needs immediate help.

- . I understand that you are hurting right now. I am here to help you and connect you to good support on campus,
- . I hear that you feel hopeless right now. I've worked with the counseling center, and I think they could help. Let's walk over together,
- . I can tell that you're very upset, and I'm concerned about you. I'm going to connect you with someone who can help you stay safe,

If a student discloses a concern, you should...

