

PSYCH SERVICES SOUNDBOARD

A NEWSLETTER FOR FACULTY



**WELLNESS &
WELLBEING**

**SUPPORTING
FACULTY
TO SUPPORT
STUDENTS**

NEW

**NEW STUDENT
RESOURCES**

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FACULTY SUPPORT TIPS

WRITTEN BY PSYCHOLOGICAL SERVICES & PERSONAL COUNSELING

How to Support Your Students' Mental Health & Wellbeing

Our department's Mission is to **reduce stigma** around the conversation about mental health and wellbeing. Thank you for joining us on this endeavor by being open **to talking about** mental health!

Tips for Communicating Concern About Wellbeing to a Student

Openly communicating concern for a student's wellbeing can be a source of stress for both the instructor and student at times. Use these tips to make expressing your concerns caring and compassionate ensuring your students get the help they may need.

Prevention: The first step to expressing concern

Welcoming discussions about wellbeing and mental health at the onset of your course and throughout the quarter can ensure when a concern arises it will make the referral for help a smooth one.

Additional Free Online Resources From Our Partners



Proactively manage your mental health through group and individual life coaching on wellness, academics, stress, relationships, and more.



Virtual therapy with a mental health professional, available 24/7, including nights, weekends, holidays & after hours.



This online peer-to-peer support community is moderated by licensed therapists and available 24/7.



Need help now? Support is available 24/7.

If you are experiencing suicidal thoughts, substance abuse, and/or mental health crisis, or any other kind of emotional distress, **text** or **call** the Suicide & Crisis Lifeline (in the U.S. and U.S. territories), or visit **988lifeline.org/chat**.



in every issue...

WELLNESS WELCOME START OF THE QUARTER

AN ANTI-STIGMA CHECKLIST



PRESENT our website to students at the onset of your course

- **Video** on the front page
- Specifically, the tab on “**how to make an appointment**”
- Free **RESOURCES**



REQUEST a 5-7 minute “Intro to Psych Services” **Presentation**

- Request a classroom specific presentation:
 - Stress Busters!
 - Exam Anxiety
 - Self Compassion & Mindfulness
 - ...and more!



SYLLABUS STATEMENT: a statement on your syllabus specifically linking our resources

MID QUARTER & APPROACHING FINALS



REMIND students of our services and platforms throughout the quarter during ‘peak’ stressful times such as

- Holidays
- Midterms
- Finals
- During application for transfer season
- During transfer acceptance season



REFLECT: Share a personal challenge.

- Briefly* sharing a personal stressful challenge from college and how you overcame it by using resources reduces stigma, models resilience, and ‘humanizes’ you as an instructor.

**Note: Sharing done in a brief mindful manner to illustrate resilience with boundaries vs. ‘oversharing.’*

COMMUNICATING CONCERN...

WHAT DO I SAY?

Before making a referral to Psych Services, normalize our services with a heavy 'front load' with our 'wellness welcome anti-stigma checklist'. This may ease the challenge and stress on both you and your students to communicate concerns if or when they arise.

WHAT DO I SAY?

- **Start with an observation of a specific behavior of concern:**
 - **"I notice..."**
- **End with asking if they would be willing to be connected:**
 - **"Would you be willing..."**

"I notice [on your essay you submitted there was mention several times of feeling stress, sad and how you were unable to get out of bed]."

I am concerned because these behaviors can lead to feelings that can be challenging to cope with on your own.

I'd love to connect you with Psychological Services--its the free services I shared earlier this quarter. They are amazing, friendly and provide excellent confidential sessions and specialize in supporting students through challenges you may be experiencing. It's okay to get help with this kind of situation.

"Would you be willing for me to connect you with these services?"

I can send an email and include you."

HELLO

wellness



Wednesdays @ 11!

- Reduce stress!
- Practice mindfulness!
- No art experience needed!
- Simple materials



What is Zentangle?

"Zentangle is a fun way to practice present moment awareness and draw structured patterns... one line at a time!"



For more information and to register click here!

Meet Our Team



Alexis Donato,
LMFT



Lisa Slede,
LMFT



Jenny McGrath,
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Clifton Der Bing,
PsyD



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Bringing Hope When You Need It the Most

The Psychological Services & Personal Counseling office is a free, nonjudgmental space for students who need support with various issues. No concern is too big or too small.

SCHEDULE AN APPOINTMENT

- Visit the Student Resource Center (Building 5400)
Monday–Thursday, 8AM–5PM
Friday, 8AM–3PM
- Call 650.949.7910
- Log in to MyPortal and click on the Psych Services app

DROP-IN HOURS

No appointment necessary.

Monday–Friday
12–1PM



To get started with our free services, visit:

foothill.edu/psychservices