**LOYOLA CARES**

Concerned about a student?

Respond to students by…

Report chronic or acute behavior…

About The Counseling Center…

**Let’s Talk**

The CounselingCenter - HU 150

**410-617- CARE (2273) www.loyola.edu/counselingcenter**

Students in distress are likely to turn first to faculty, administrators, and mentors they know – and you are in a good position to notice signs of distress and express your concern to them.

**EXAMPLES OF WHAT TO LOOK FOR**

* **Excessive or unusual absences or tardiness**
* **Falling asleep in class**
* **Decreased hygiene**
* **Rapid or jumbled speech**
* **Disruptive or threatening behavior**
* **Notable change in mood or personality**
* **Social withdrawal**
* **Dramatic weight loss or gain**
* **Any reference to suicide or not wanting to live**

**HOW TO RESPOND**Make time to speak with the student in private. Mention what you’ve noticed and offer support. Then listen, reflect what you’re hearing, and discuss options.

Your expression of concern and willingness to help will go a long way. A few check-ins from you might be all they need. But, if you think they should see a counselor, say so. Students appreciate faculty taking their situation seriously.

If you’re not sure how to proceed, **consult with us at   
410-617-CARE**(2273), M-F, 8:30-5. We can make suggestions, or recommend that you refer the student to us.

**HOW TO REFER A STUDENT TO THE COUNSELING CENTER**Consider walking them over, especially if you’re concerned they might not follow through. We’re in **HU 150**, up the tower opposite Starbucks. You can also call us for an appointment while they’re with you. **Consult with us, and remind students about us.** We’re free, confidential, and available for scheduled and emergency (walk-in) appointments for students.