

MENTAL HEALTH & BASIC NEEDS RESOURCES FOR COMMUNITY COLLEGE STUDENTS



Faculty and staff are in a unique position to demonstrate care and compassion for students in distress. The purpose of this folder is to help you recognize potential symptoms of distress and identify appropriate campus resources to refer students to.

MESSAGE TO FACULTY AND STAFF

When faced with academic and life challenges, students may feel alone, isolated, and even hopeless. These feelings can easily disrupt academic performance and may lead to dysfunctional coping and other serious consequences. As a result of your frequent and prolonged contact, you may be the first person to notice a student in distress. As part of the community college mission, it is important that we act with compassion. Keep in mind that students exhibiting concerning behaviors may be having difficulties in other areas of their lives. Students sometimes feel that they can't share their struggles with family and friends, but may be comfortable doing so with faculty or staff. By expressing concern, you may help save a student's academic career or even their life.



INDICATORS OF DISTRESS: WHAT TO LOOK FOR

ACADEMIC INDICATORS

- Sudden decline in quality of work/grades
- Repeated absences
- Disorganized performance
- Multiple requests for extensions
- Disengagement through failure to hand in assignments, missing exams, and lack of participation
- Overly demanding of faculty/staff time and attention
- Bizarre content in writing/presentations
- Increased need for personal support rather than academic advisement

PSYCHOLOGICAL INDICATORS

- Self-disclosure of personal distress, including family problems, financial difficulties, suicidal thoughts, grief
- Unusual/disproportional emotional response to events
- Excessive tearfulness
- Panic reactions
- Irritability or unusual apathy
- Verbal abuse (e.g. taunting, badgering, intimidation)

SAFETY RISK INDICATORS

- Unprovoked anger or hostility
- Physical violence (shoving, grabbing, assault, use of weapon)
- Implying or making a direct threat to harm self or others
- Academic assignments dominated by themes of extreme hopelessness, rage, worthlessness, isolation, despair, acting out, suicidal ideations, violent behaviors, or other "cries for help"
- Stalking or harassing
- Communicating threats via email, texting, phone calls

PHYSICAL INDICATORS

- Marked changes in physical appearance (deterioration in grooming or hygiene, significant weight gain/loss)
- Excessive fatigue or sleep disturbance
- Intoxication, hangovers, smelling of alcohol
- Disoriented or "out of it"
- Garbled, tangential, disconnected, or slurred speech

AWARENESS

Students in distress may be struggling with academic or personal challenges.

Remember that you are in a unique position to identify students who may be in need of help.

COMMUNICATION

Sharing your concern directly with the student and reaching out to campus / community resources are important first steps in the helping process.

ENGAGEMENT

Students may not be aware of what resources are available or how to find help. It's okay to check in with students to see how they're doing. Demonstrating a culture of care and compassion strengthens the campus community.



COMMUNICATING YOUR CONCERNS WITH THE STUDENT

ACTION

EXAMPLE

Address the observable behavior



I have noticed a change in the quality of work

Communicate your care for the student's success



As your professor, I care about you and your success

Identify your concern related to recent events



I am worried about how [inset behavior] is affecting you

Encourage the student to consult with a counselor



I am wondering if you would be willing to consult with the **Counseling & Wellness Center**

Destigmatize help seeking and counseling utilization



Students often find it helpful to speak with an objective listener

Remind the student they can access counseling services



The **Counseling & Wellness Center** is a free and confidential resource for students

Offer to connect student with the **Counseling & Wellness Center**



We can call the **Counseling & Wellness Center** now or I can walk with you to the office

DO...



- Make time and space available to speak to students
- Use empathy and active listening skills
- Connect students with available resources
- Ask for additional help if needed

DON'T...



- Make promises you can't keep
- Try to "fix" everything
- Pass judgement or dismiss the student's needs
- Wait to refer if you are concerned about a student



STUDENT RESOURCES

The Academic Success Center (TASC) ***Need support confirming your academic plan and your course schedule?***

Academic success specialists will provide guidance to establish your educational goals and suggest ways in which you can stay on track towards program completion.

Contact: CH, 203
academicsuccesscenter@ccm.edu
(973) 328-5530

Accessibility Services (ASO) ***Are you eligible for accommodations for a disability?***

Accessibility Services will work with you to determine which accommodations will provide you with the best support to succeed in your classes.

(*appropriate documentation required).

Contact: LRC, 105
aso@ccm.edu • (973) 328-5284

Career Services ***Looking for a job?***

Career services will provide you with ongoing support throughout your job or internship search (e.g., resume writing, interview preparation).

Contact: SCC, 118
career-services@ccm.edu • (973) 328-5245

Counseling and Wellness Center (C&WC) ***Confused about what major to pursue?***

The Counseling and Wellness Center can help you choose a major/career that best fits your personality, interests, values, and goals. The C&WC offers free career tests and one-on-one appointments to help you make effective major and career decisions.

Need help with your academic goals?

The C&WC provides support to help you succeed in your courses through academic skills building. Examples include collaboration to create an educational plan, working on time management techniques, study/test taking strategies, and test anxiety.

Feeling anxious, stressed out, or need resources?

The C&WC offers free, confidential personal counseling sessions and is a direct link to community resources to help you succeed in your classes. Counselors can help you with stress management, anxiety, depression, relationship issues, and any other challenge that you may be facing. Additionally, they can provide resources to any support services you may need (e.g., food or housing insecurity support such as food stamps or shelters, counseling, support groups, linkage to insurance or social services programs).

Have an alcohol or drug concern/question?

We are here to provide support and resources.

Contact: SCC, 118
counseling@ccm.edu • (973) 328-5140

Experiencing Discrimination and/or Harassment ***Want to report an experience where you were discriminated against or harassed?***

Contact the Dean of Students, the Counseling and Wellness Center, or any college administrator.

Contact: Dean of Students:
CH, 203 • (973) 328-5530,
Counseling and Wellness Center: SCC, 118
counseling@ccm.edu • (973) 328-5140

Health Services ***Do you have questions related to your physical health?***

Health Services provides information and resources related to your physical well-being (e.g., health insurance, physical and wellness support). This resource also provides free food through TITANS Table, a program that addresses students' food insecurities.

Contact: CH, 266
health-services@ccm.edu • (973) 328-5160

Library - Learning Resource Center, LRC ***Need research assistance or a quiet space to study?***

The library provides various materials to help you with your research papers (e.g., books, articles, online resources) and has computer stations and private study rooms available.

Contact: LRC, 200
LRCref@ccm.edu • (973) 328-5300

Public Safety ***Experiencing aggression or threats of violence while on campus?***

Public safety is here to support you while on campus.

Contact: publicsafety@ccm.edu
(973) 328-5550

Sexual Misconduct ***Did you experience sexual harassment or assault on campus or within the CCM community?***

Please report all acts of sexual misconduct to the Title IX Coordinator, the Vice President of Human Resources.

Contact: HH, 106
humanresources@ccm.edu • (973) 328-5037

Tutoring Center ***Need extra help in your classes?***

The Tutoring Center can provide you with one-on-one online academic support in the specific classes that you are taking.

Want 24/7 support? Online tutoring support is available to you through Smarthinking.

Contact: DH, 166
tutorcenter@ccm.edu • (973) 328-5367



COMMUNITY, STATEWIDE AND NATIONAL RESOURCES

Child Care Assistance

Need help with childcare?

Contact the New Jersey Childcare Assistance Program to learn about how to obtain support.

Contact: www.childcarenj.gov

Eviction Protection

Do you need help with your housing?

This resource will assist you in navigating this process.

Contact: www.housinghelpnj.org

Food, Cash, and Health Insurance Assistance

Want to learn about which state resources are available?

This resource will help you learn about your eligibility for these support services.

Contact: <https://www.njhelps.org/>

LGBT National Youth Talkline

Looking for youth LGBTQ+ support?

The LGBT National Youth Talkline provides confidential peer-support, information, local resources and more, for callers through age 25.

Contact: (800) 246-7743 Mon-Fri 4pm-12am; Sat 12pm-5pm EST or email youth@GLBTNationalHelpCenter.org

Mental Health Cares:

Need a referral for emotional support?

MentalHealthCares is New Jersey's behavioral health information and referral service. Their staff of specialists uses their experience and understanding of the behavioral health system to provide callers information and connect them to the behavioral health services they need.

Contact: (866) 202-HELP (4357)

Mental Health Is Health

Do you tend to forget to take care of yourself?

Mental Health is Health is a resource and an MTV initiative to remind you to take care of your mental health as much as your physical health.

It provides resources to help you focus on self-care as well as how to support the people in your life.

Contact: <https://www.mentalhealthishealth.us/>

MHA Hot/Warm (before crisis) Line 5 pm - 10 pm:

Are you looking for support or understanding?

This peer-to-peer support line provides non-crisis support to anyone looking to speak or vent to someone about the situations occurring in their lives.

Contact: (877) 760-4987

National Crisis Text Line

Looking for crisis support through text?

Crisis Text Line is here for any crisis 24/7. A live, trained Crisis Counselor receives the text and responds, all from a secure online platform.

Contact: Text HOME to 741741 from anywhere in the United States <https://www.crisistextline.org/>

National Domestic Violence Hotline

Are you looking for 24 hr. support?

Provides crisis intervention, referrals, and support related to the next steps to take.

Contact: (800) 799-7233 • <http://www.thehotline.org>

National Suicide Prevention Lifeline

Struggling with thoughts of suicide or know someone who may need support?

If you are experiencing emotional distress, you can call at any time of the day from anywhere (nationally) to speak to a trained professional who will listen and provide assistance with getting you the support you need.

Contact: (800) 273-TALK (8255)

<http://www.suicidepreventionlifeline.org>

New Jersey Vet2Vet

Are you an active military member, New Jersey National Guard Member, veteran, or a family member/caregiver for these members or veterans?

Provides 24/7 specialized services by veterans.

Contact: Call 1-866-838-7654,

chat online, text or contact us on social media @njvet2vet

<https://www.njvet2vet.com/>

NJ Connect for Recovery

Is someone you know in need of substance use treatment?

Free, confidential call line focused on helping family members and friends coping with a loved one's substance use disorder.

Contact: (855) 652-3737 Monday to Friday, 8 am to 10 pm, Saturday and Sunday, 5 pm to 10 pm, and holidays, 3 pm to 10 pm

<https://www.njconnectforrecovery.org/>

NJ Hopeline

Feeling stressed, overwhelmed, or suicidal?

Provides 24/7 support, assessment, and, if needed, intervention in the most cooperative and least restrictive manner to New Jersey residents in emotional distress and suicidal crisis.

Contact: (855) 654-6735,

text njhopeline@ubhc.rutgers.edu, or chat by visiting

<https://njhopeline.com/talk-to-us-by-chat/>

NJ 211:

Need resources in the community?

211's specialists provide assistance 24 hours a day every day of the year by connecting people to over 8,800 community resources. Some examples include affordable housing, rental assistance, shelters, food, legal assistance, and access to mental and physical health resources.

Contact: Dial 2-1-1 or (877) 652-1148,

text your zip code to 898-211, or email info@NJ211.org

<https://www.nj211.org/>

Peer Recovery Warmline

Want to speak to someone who understands?

The Peer Recovery Warmline (PRW) is a peer-run service providing ongoing telephone support to mental health consumers as they work towards their recovery.

Contact: (877) 292-5588

Saint Clare's Wellness and Recovery Center:

Experiencing difficult life circumstances?

Wellness and Recovery provides urgent mental health care to those who need support.

Contact: (973) 625-0096

<https://www.saintclares.com/our-services/behavioral-health-services/wellness-and-recovery-center/>

Trevor Project

Looking for LGBTQ+ support?

The Trevor Project provides crisis intervention and suicide prevention to all adults.

Contact: (866) 488-7386

or text "Trevor" to 1-202-304-1200

<https://www.thetrevorproject.org/get-help-now/>

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