



# 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 (rather than academic) counseling

### 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

### 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 **Ocean County College Counseling 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 Center** is a free and confidential resource for students

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



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



## COMMUNITY RESOURCES & REFERRALS

### Mental Health Services

- ✓ CONTACT of Ocean and Monmouth  
732-240-6100 • 609-693-5834
- ✓ Bright Harbor Healthcare  
[www.brightharbor.org](http://www.brightharbor.org) • 732-575-1111
- ✓ Ocean CREST  
(Community Resource for Emergency Support and Treatment)  
[www.brightharbor.org/oceanmhs-crest-program/](http://www.brightharbor.org/oceanmhs-crest-program/)  
732-240-3760
- ✓ Preferred Behavioral Health Group  
[www.preferredbehavioral.org](http://www.preferredbehavioral.org) • 732-367-4700

### Housing/Food Assistance

- ✓ Fulfill • <https://fulfillnj.org/>
- ✓ People's Pantry  
732-731-1417
- ✓ JBJ Soul Kitchen Community Restaurant  
<http://jbjsoulkitchen.org/menu-toms-river/>
- ✓ The Hope Center <http://houseofhopeocean.org/>  
732-341-4447

### Housing/Shelters

- ✓ Harbor House  
[www.oceansharborhouse.org](http://www.oceansharborhouse.org) • 732-929-0660
- ✓ Dottie's House  
[www.dottieshouse.org/](http://www.dottieshouse.org/) • 732-262-2009
- ✓ Providence House  
[www.catholiccharitiestrenton.org](http://www.catholiccharitiestrenton.org) • 1-800-246-8910
- ✓ Ocean County Board of Social Services  
[www.co.ocean.nj.us/socialservices](http://www.co.ocean.nj.us/socialservices)

### Sexual Assault/Violence Services

- ✓ Child Abuse/Neglect • 1-877-NJABUSE (652-2873)
- ✓ St. Francis Counseling Services  
[www.stfranciscenterlbi.org](http://www.stfranciscenterlbi.org) • 609-464-1554 24/7  
Hotline: 609-494-1090
- ✓ Ocean County Prosecutor's  
Office Victim / Witness Counselor • 732-929-2027
- ✓ Dream Free (Human Trafficking Services)  
[www.avanzarnow.org](http://www.avanzarnow.org) • Hotline: 1-800-286-4184

### Substance Abuse Services

- ✓ Bright Harbor Healthcare  
[www.brightharbor.org](http://www.brightharbor.org) • 732-575-1111
- ✓ Preferred Behavioral Health Group  
[www.preferredbehavioral.org](http://www.preferredbehavioral.org) • 732-367-4700
- ✓ Iron Wellness • [www.ironwellness.org](http://www.ironwellness.org)
- ✓ Alcoholics Anonymous Northern New Jersey Intergroup  
Meeting Finder • <http://www.nnjaa.org>
- ✓ Gamblers Anonymous Council on Compulsive Gambling NJ  
<http://800gambler.org/find-a-help-meeting/>
- ✓ Ocean County Health Department  
<https://www.ochd.org/alcohol-and-drug-services>  
732-341-9700
- ✓ Narcotics Anonymous NA in NJ Meeting Finder  
<http://www.narcoticsanonymousnj.org/meetings/>
- ✓ SMART Recovery • <https://www.smartrecovery.org/>



## COMMUNITY RESOURCES & CRISIS SERVICES

### Suicide/Crisis Hotline

- ✓ National Suicide Prevention Lifeline  
1-800-273-TALK (8255) HOME to 741741
- ✓ NJ Hopeline • 1-855-654-6735

### Veteran's Services

- ✓ Veterans Crisis Line and Text  
phone • 800-273-8255 (press 1) text: 838255

### LGBTQ Services

- ✓ LGBTQ Resources Trevor Helpline • 1-866-488-7386
- ✓ LGBT National Helpline • 1-888-843-4564

### Substance Abuse/Addictions

- ✓ Addictions Hotline • 1-800-238-2333
- ✓ Substance Abuse Treatment Referral Hotline  
1-800-662-HELP (4357)

### Sexual Violence Services

- ✓ Rape Crisis Hotline • 1-888-264-RAPE (7273)
- ✓ RAINN & National Sexual Assault  
1-800-656-HOPE (4673)
- ✓ New Jersey Coalition Against Sexual Assault  
1-800-601-7200

### Domestic Violence Services

- ✓ Domestic Violence Hotline • 1-800-572-SAFE (7233)

### Youth and Young Adults

- ✓ Youth Resource 2nd Floor Youth Helpline  
1-888-222-2228



## STUDENT STATEWIDE AND NATIONAL RESOURCES

### **Trevor Project: 1(866) 488-7386**

Crisis counselors are trained to answer calls, chats, or texts from young people in the LGBTQ community who reach out on this free, confidential, and secure 24/7 service when they are struggling with issues such as coming out, LGBTQ identity, depression, and suicide.

### **New Jersey Vet2Vet: (866) 838-7654**

Provides 24/7 specialized services by veterans. You can call, chat online, text or contact us on social media @njvet2vet

### **NJ Hopeline: 1(855) 654-6735**

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

### **National Crisis Text Line: 741741**

Text HOME to 741741 from anywhere in the United States, anytime. Crisis Text Line is here for any crisis. A live, trained Crisis Counselor receives the text and responds, all from a secure online platform.

### **NJ Connect for Recovery: (855-652-3737)**

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

### **Mental Health Cares: 1(866) 202-HELP (4357)**

MentalHealthCares is New Jersey's behavioral health information and referral service. Our staff of specialists uses their experience and understanding of the behavioral health system to provide callers information and connect them to the behavioral health and services they need, such as legal, housing, employment, rehabilitation, inpatient and outpatient, self-help and more.

### **Peer Recovery Warmline: (877) 292-5588**

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

### **211**

NJ 211 provides live assistance 24 hours a day, every day of the year. Services are free, confidential, and multilingual.

*There are several ways to reach these services:*

✓ By phone (simply dial 2-1-1); ✓ via text (send your zip code to 898-211); ✓ e-mail (info@nj211.org); ✓ or chat online. Whichever method you choose, you will be communicating

with a community resource specialist who has been educated about federal, state, and local systems created to help people who are struggling. Our specialists have access to a resource database of over 8,800 community programs and services that assist people who need help with life's most basic needs... things like food, utilities, affordable housing, rental assistance, mental and physical health, substance use disorders, childcare, senior needs, legal assistance, transportation, disability services and so much more.

## 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