HOW CAN WE SUPPORT OUR STUDENTS?

THE FACULTY PERSPECTIVE

IN COLLABORATION WITH DR. KIM HELLEMANS, DEPARTMENT OF NEUROSCIENCE

ADDRESS MENTAL HEALTH AND WELLNESS WITH YOUR STUDENTS

Talk about it in a lecture

Send it in an email

Write notes in your course outline

Write notes in your CuLearn page

This acknowledges student mental health **and** reassures them you are a safe person to contact

TYPICAL BEHAVIOUR

#1 – "Ghosting"– student not showing up, not handing anything in at all.

If a student is completely disengaged from the course, it could mean:

1) They are REALLY not doing well.

2) They are relying on friends or other sources to study/get notes.

3) Procrastination for a myriad of personal reasons.

#2 – Student not handing things in on time, repeatedly asking for extensions. May explicitly say they are overwhelmed, or that they are not doing well.
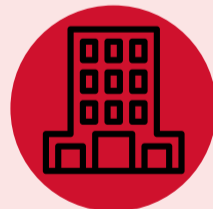
The common response is to be kind and offer extensions.

This is a bandaid solution; we can also provide supports

HOW TO RESPOND

Are they registered with PMC? Encourage them to engage with their PMC Coordinator to see if they need additional supports

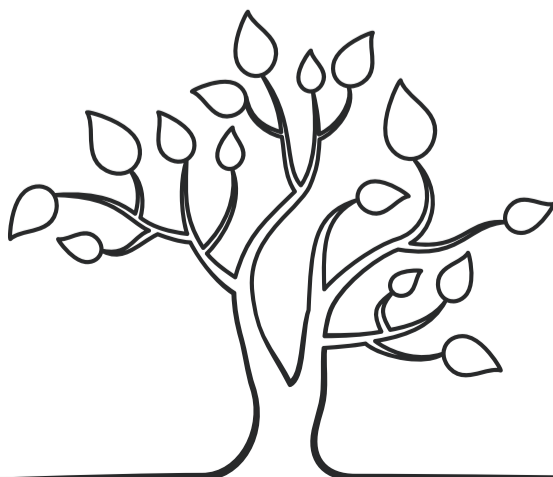Are they experiencing any changes in mood/anxiety/are they not doing well? (See page 2)

Are they overwhelmed, struggling to organize their time? Refer to CSAS and FITA

You or the TA can be occasionally checking in/reaching out, and providing appropriate referrals. (See page 2)

Lead with compassion. Learn with respect.

Ensure every correspondence is compassionate, even if it is firm. Bear in mind when students are not doing well, sometimes they can act out – it is therefore meaningful to approach issues of conduct from the perspective of care and support. When in doubt contact the Office of Student Affairs at **osareports@carleton.ca**.

RECOGNIZE/RESPOND

Do you understand your students? Do you know how they are feeling mentally, physically and emotionally?

Sometimes students will tell you when they are not feeling well. Telling someone can be an overwhelming thing for a student to do, so it makes sense to ask:

" I am concerned you're not handing in assignments/meeting deadlines/showing up to tutorials – is everything OK?"

REFER

Ask how you can help.

Know the Resources

Assist with navigating supports and resources

Faculty members are not here to provide counselling or anything that resembles therapy. We must acknowledge our boundaries and refer students to the appropriate services on campus. Serious concerns with **no imminent risk of harm to self or others** can be submitted through a Care Report. Submit a Care report for a student with complex needs, significant changes in behaviour or appearance, recent trauma, deteriorating mental health, serious emotional difficulties, isolation/withdrawal, or substance use.
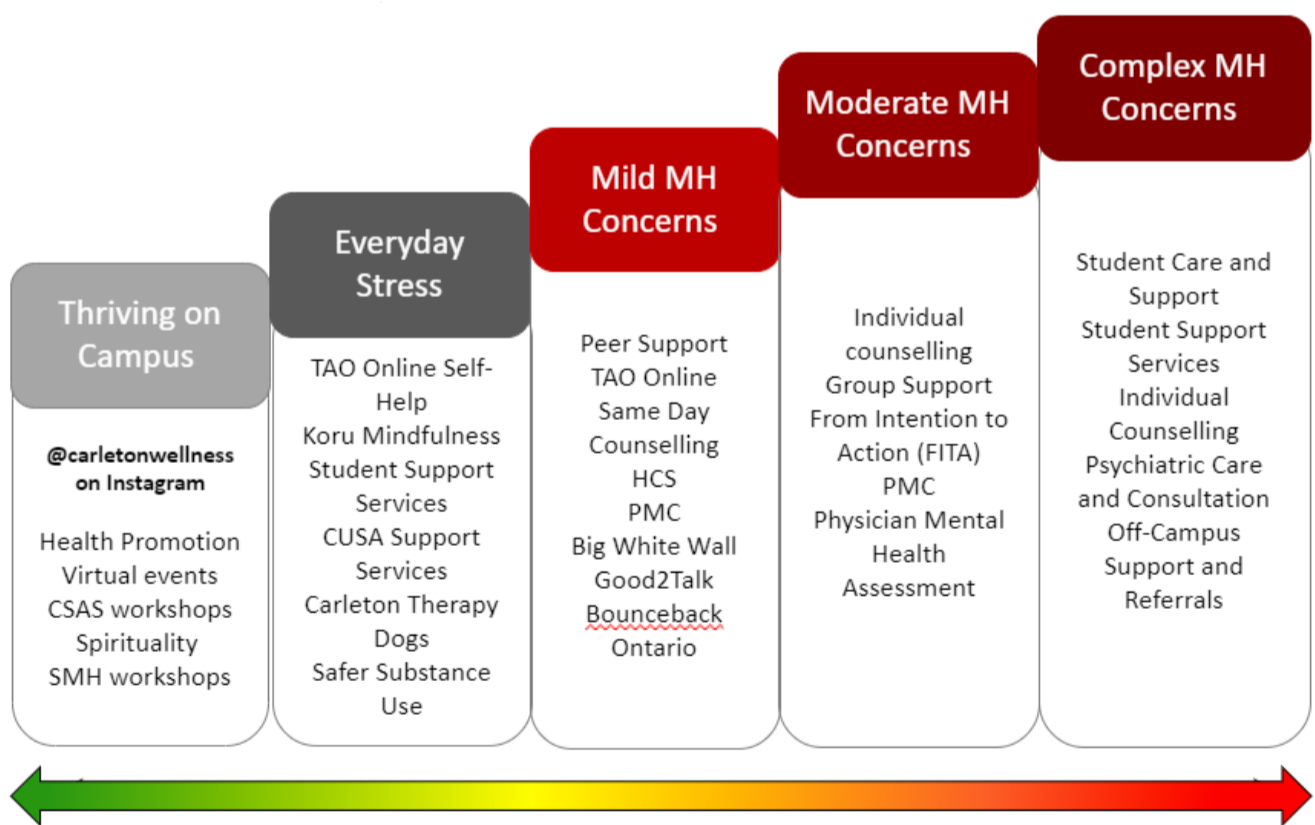
Health and Counselling services and **Empower Me** both provide counselling e-counselling.

EXTREME CASES

If a student contacts you at the end of the term, trying to make up for lost time, this may be accompanied by an explanation relating to their health, family, or other circumstances.

If a student has not completed any work all term, this is symptomatic of bigger issues and supports should be provided.

In some of these extreme cases, it is helpful to refer to the Registrar's Office for a petition for back-dated withdrawal. If the student has medical or other documentation, this is possible and in rare cases even sometimes a back-dated financial withdrawal. Submit a Care Report and the **Office of Student Affairs** can assist the student in navigating this process.

Thriving on Campus	Everyday Stress	Mild MH Concerns	Moderate MH Concerns	Complex MH Concerns
@carletonwellness on Instagram Health Promotion Virtual events CSAS workshops Spirituality SMH workshops	TAO Online Self-Help Koru Mindfulness Student Support Services CUSA Support Services Carleton Therapy Dogs Safer Substance Use	Peer Support TAO Online Same Day Counselling HCS PMC Big White Wall Good2Talk Bounceback Ontario	Individual counselling Group Support From Intention to Action (FITA) PMC Physician Mental Health Assessment	Student Care and Support Student Support Services Individual Counselling Psychiatric Care and Consultation Off-Campus Support and Referrals

REPORT

- **Debrief** – an important step after a difficult conversation and doing so with your chair or supervisor is appropriate.

- **Report up not out** – keeping your chair or supervisor informed is key, and other Carleton employees on a "need to know basis" is appropriate.

- When concerned for a student's **safety**, don't hesitate; you are trying to help them access support.

- When in doubt – **Care Report**

- **Follow up** with the student if appropriate just to check-in that they are not having trouble accessing supports you provided.