

3 Dos

1

Invite non-judgmentally.
“You don’t seem like yourself lately – Is there something going on?”

2

Validate.
“Sounds hard”
“Makes sense that you’re stressed”

3

Ask permission.
“I know of some resources on campus. Can I share them with you?”

3 Don'ts



Ignore

Ignore (One of the strongest connections to the University is the instructor)

Panic

Panic (you don't have to be their therapist!)

Choose

Choose rigidity over compassion

How to Make Referrals

“I would like to learn a bit more about your situation. Is it okay to ask you some questions about how you are feeling?”

“Safety is OUR top priority. Do you have any urges to hurt yourself or others?”

Referrals are appropriate whenever students appears to be experiencing personal discomfort or difficulty in coping that interferes with their daily functioning .

- Tell the student that there is help for these symptoms (give hope).
- Communicate your sincere concern and recommend that the student seek counseling.

Call University Police if there is any imminent danger.

Wellness Resources for CU Boulder Students!



Peer-based or Community Wellness	Clinics and Groups	Online/App-Based Learning & Support
<p><i>I am located....</i> at CU/on campus</p> <p><u>Peer Educator Program</u> (academic year only)</p> <p>Virtual fitness classes through the <u>Rec Center</u></p> <p>Free wellness activities on <u>Wellness Wednesdays</u></p>	<p><u>Counseling and Psychiatric Services</u></p> <p><u>Support & Case Management</u></p> <p><u>Office of Victim Assistance</u></p> <p><u>CU Collegiate Recovery Center</u></p>	<p><u>SilverCloud</u> app</p> <p><u>CU Campus Resources Page</u></p> <p><u>Renée Crown Wellness Institute</u></p>
<p>in Colorado</p> <p>Free streaming or in- person (socially- distanced) <u>yoga</u></p> <p>Events sponsored by <u>Mental Health Partners</u></p>	<p><u>Raimy Clinic</u> <u>ImpACT Colorado Clinic</u></p> <p><u>Boulder Center for Cognitive and Behavioral Therapies</u></p> <p><u>The Johnson Depression Center</u></p>	<p><u>RADD Lab daily wellness strategies</u></p>
<p>outside Colorado</p> <p>Online <u>Mindfulness-Based Stress Reduction</u> and other training</p>	<p>Find a local clinic with the <u>Association for Behavioral and Cognitive Therapies</u> or the <u>Anxiety and Depression Association of America</u></p>	<p>NIMH science-based education about stress, <u>depression</u>, or other common wellness concerns</p> <p>How to help friends and loved ones <u>stay well</u></p> <p>Resources (& hotlines) for support in a <u>crisis</u></p>

You can access these off campus
and out of state too!

Questions? Want more resources? You got it!

Contact CU CAPS for clinical referrals (phone) 303-492-2277 • Contact Student Affairs for information on health and wellness programs at (email) studentaffairs@colorado.edu • Contact the Renee Crown Wellness Institute or the RADD Lab for wellness science opportunities at (email) raddlab@colorado.edu