3 Dos

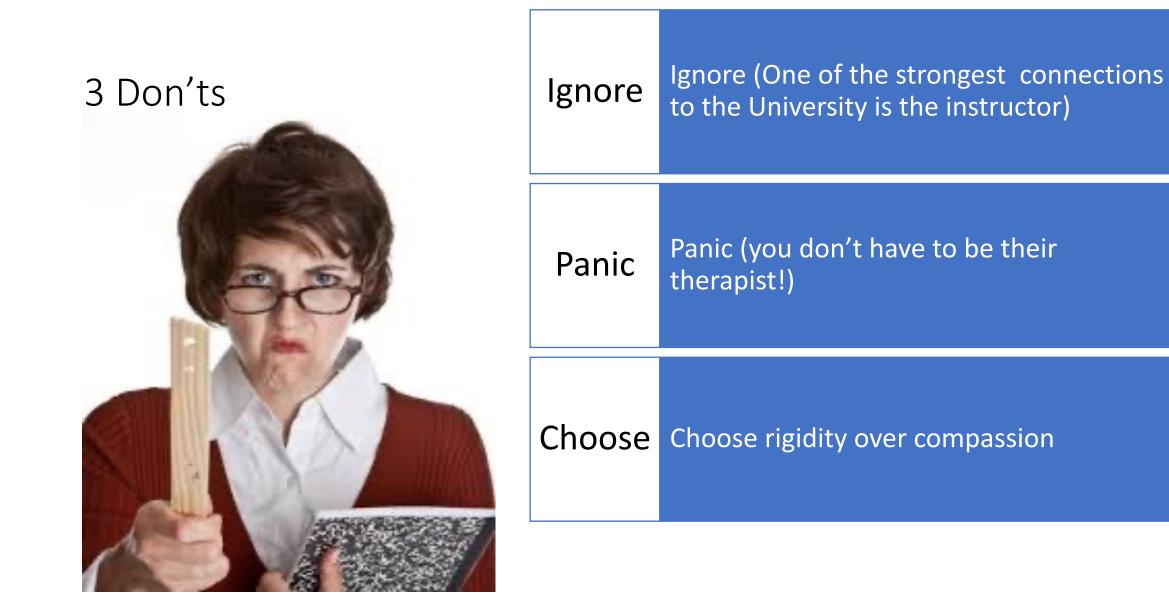


Invite non-judgmentally.

"You don't seem like yourself lately – Is there something going on?" 2

Validate. "Sounds hard" "Makes sense that you're stressed" Ask permission. "I know of some resources on campus. Can I share them with

you?"



How to Make Referrals

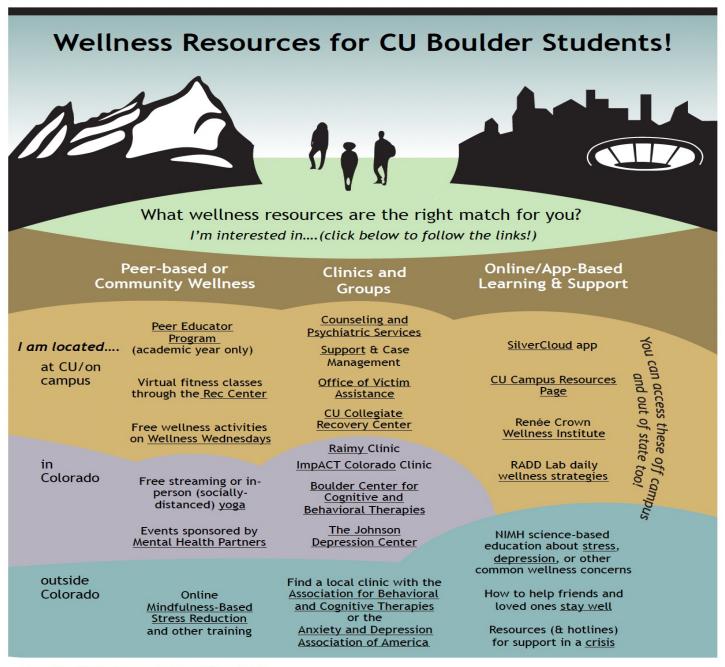
"I would like to learn a bit more about your situation. Is it okay to ask you some questions about how you are feeling?"

"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.



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