Mental Health Information and Resources

for Faculty and Staff Who Assist Students

Primary Campus Mental Health Resources for Students

The new Student Mental Health web site www.mentalhealth.umn.edu is designed for students, their parents, faculty, and staff who are looking for student mental health information and related resources at the University of Minnesota, Twin Cities campus. The section designed specifically for faculty and staff, provides resources such a syllabus statement for mental health services (for University of Minnesota faculty to include in their course syllabus), training information and a useful guide in assisting students in distress. We recommend that you review and bookmark this site. Faculty and staff section: www.mentalhealth.umn.edu/facstaff

The primary on-campus offices for students in distress are below. If you believe the best course of action is to walk a student to one of these offices, please call ahead for consultation or advice.

- **Boynton Health Service** offers individual and couple counseling, urgent consultation, group therapies, medication assessment/ management, social work assistance, and chemical health assessment/treatment. Consultation about student situations is available by phone at 612-624-1444. Website: www.bhs.umn.edu/services/mentalhealth.htm

- **University Counseling and Consulting Service** offers both individual and group counseling for a range of concerns including academic difficulties, career exploration, and personal concerns.
  Walk-in hours for urgent student needs: Monday-Friday (8:00-4:30)
  Consultation about student situations is available by phone at 612-624-3323.
  Website: www.uccs.umn.edu/

Crisis/Urgent Consultation /After Hours Consultation

- **Mental Health Crisis**: Call campus police at 9-1-1.

- **24-Hour Consultation:** Crisis Connection 612-379-6363 or 1-866-379-6363 (toll free).

Additional University Resources

Disability Services provides assistance with academic accommodations for students with diagnosed mental health conditions. Consultation regarding disability issues is available for faculty and staff in-person or by phone 612-626-1333. Website: ds.umn.edu
Additional University Resources (cont.)

International and Student and Scholar Services assists international students and scholars with many concerns, including stress and mental health issues. Confidential consultation is available for faculty and staff concerned about international students and scholars. A counselor can be reached at 612-626-7100. Website: www.isss.umn.edu

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Resources for Faculty, Instructional Staff, and Teaching Assistants Who Teach

The Center for Teaching and Learning (CTL) provides a number of services (see three resources that follow) designed to assist faculty, instructional staff, and teaching assistants in dealing effectively with a variety of classroom situations, including those related to students who may be experiencing distress or who may have a mental illness.

Classroom situations that indicate possible distress or potential problems include any of these student behaviors: erratic class attendance, incomplete assignments or frequently unprepared for class, hostile/aggressive (physical or verbal) classroom interactions with others, and/or disrupting others during class. Please contact CTL at 612-625-3041 with further questions or assistance.
Website: www1.umn.edu/ohr/teachlearn/

Help! There's a Student in my Office!
This service offers University instructors the opportunity to ask a teaching-related question. A CTL professional will respond in a timely manner to your request. For those with more complex questions, please contact CTL for an online consultation.
Website: www1.umn.edu/ohr/teachlearn/resources/help/index.html

Online Workshop on Managing Conflict
Website: www1.umn.edu/ohr/teachlearn/tutorials/conflict/index.html

Consultations
Teaching consultants are available to individual faculty members, instructional staff, and teaching assistants who wish to discuss specific teaching concerns and effectiveness as they relate to a particular class. Teaching consultants with the CTL are staff members with specific training on instructional methods and consultation procedures. The consultant focuses on responding to consultees' teaching and learning concerns. Classroom consultations are strictly confidential, non-evaluative and free of charge.
Website: www1.umn.edu/ohr/teachlearn/customized/index.html