

# Housatonic Community College Counseling and Wellness Center

*“How To Help A  
Student In Distress”*



# Counseling and Wellness Center Services

## **The Counseling and Wellness Center Offers:**

- ▶ Free confidential personal counseling for enrolled Housatonic students.
- ▶ Crisis counseling and intervention services.
- ▶ Wellness workshops and presentations for the campus community.
- ▶ Consultation services for faculty and staff members.
- ▶ Referrals and the coordination of off-campus services for extended and various levels of care.
- ▶ Campus programming designed to educate and promote healthy decision-making and lifestyle development.
- ▶ Advocacy for mental health policy and initiatives.
- ▶ Because of the Covid-19 Pandemic, Counseling and Wellness Center counselors will not be seeing student in person at this time.
  - ▶ Counseling and Wellness will be offering students counseling sessions over the phone or via video sessions.

# Counseling and Wellness Center Services

- ▶ Professional counselors are available to help students and the campus community work through a variety of issues that may be affecting their ability to function successfully at HCC.
- ▶ Counseling services are free of charge and our counselors utilize a goal-centered, brief-therapeutic approach to counseling.
- ▶ In cases of crisis or if we discovered that a higher level of care is necessary, our counselors will coordinate referrals for more immediate or specialized long-term care in the community.



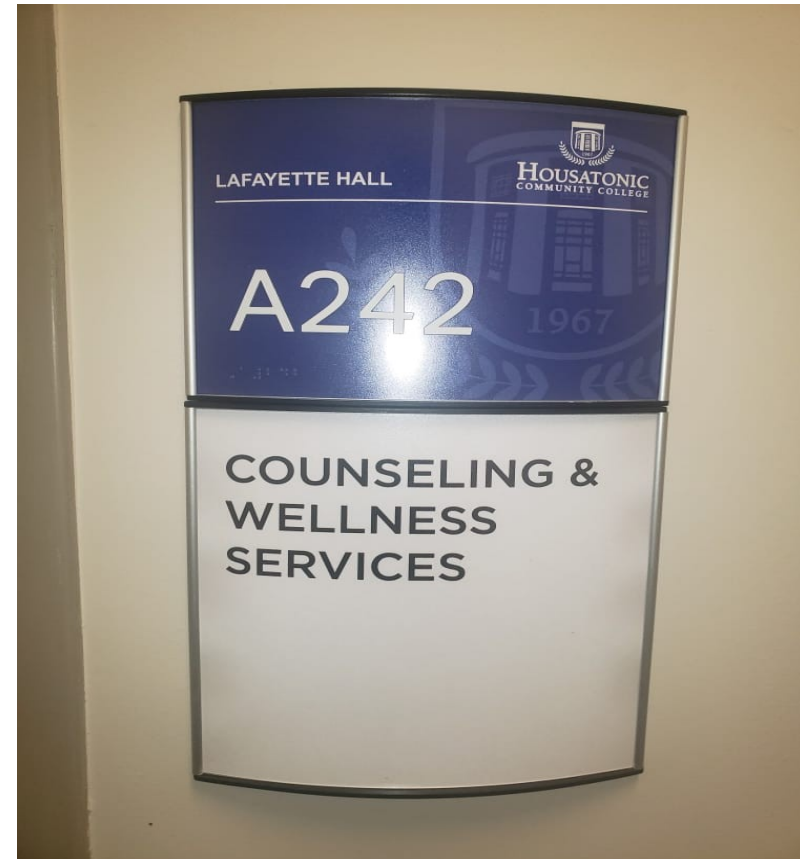
# Where Is The Counseling and Wellness Center?

## ▶ Location

- ▶ Counseling and Wellness Center Reception Office is located on the second floor of the A-wing in Lafayette Hall, room A-242
- ▶ The counselor's offices are located directly around the corner from the reception office in the B-wing.

## ▶ Contact Information

- ▶ Main Number
  - ▶ 203-332-5285
- ▶ Department Email
  - ▶ [HC-Counseling@Housatonic.edu](mailto:HC-Counseling@Housatonic.edu)



# HCC Counseling and Wellness Center Staff

## Counseling and Wellness Center Staff:

▶ **Lisa Slade, NCC, LPC**

▶ Director of Counseling and Wellness

▶ 203-332-5017

▶ [lslade@Housatonic.edu](mailto:lslade@Housatonic.edu)

▶ **Jessica Quesada**

▶ Counseling and Wellness Center  
Office Assistant

▶ 203-332-5282

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▶ **Lindsey Norton, MSW**

▶ 203-332-5181

▶ [lnorton@Housatonic.edu](mailto:lnorton@Housatonic.edu)

▶ **Marilyn Wehr, LPC**

▶ Coordinator of Disability Services

▶ Contact her directly at:

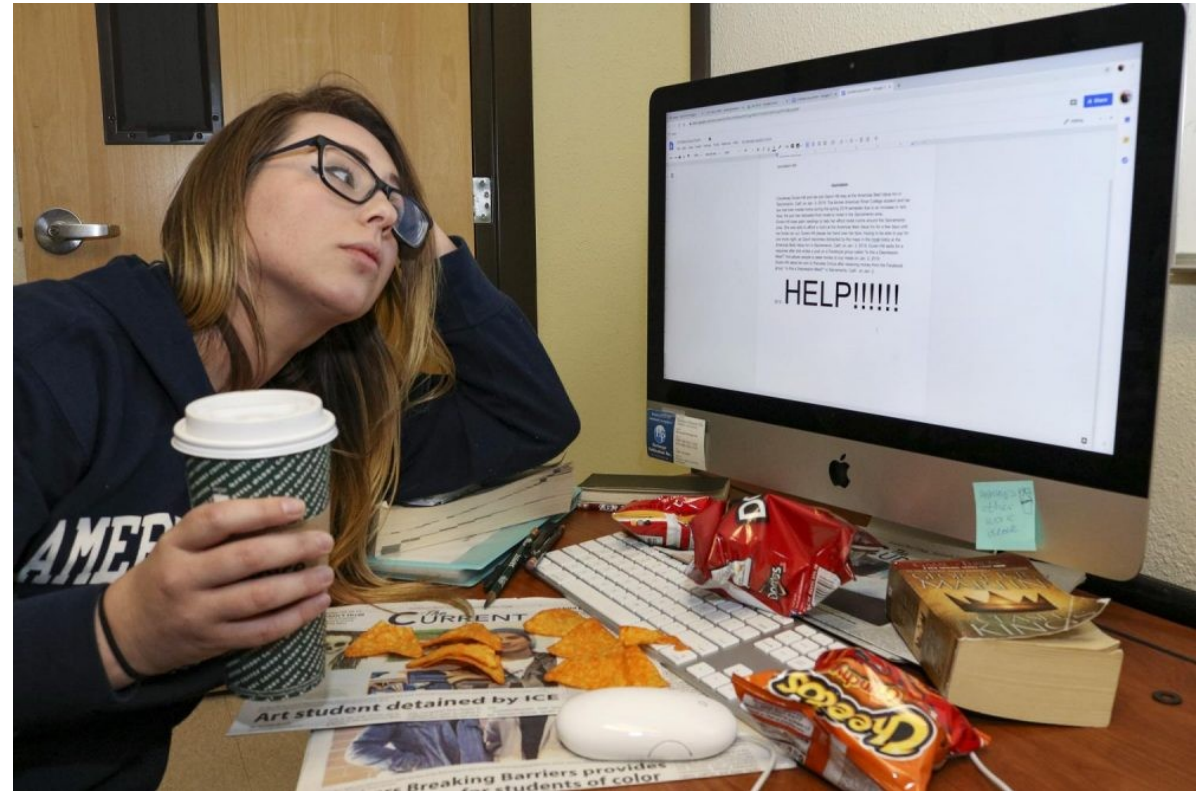
▶ 203-332-5018

▶ [mwehr@Housatonic.edu](mailto:mwehr@Housatonic.edu)



# How To Refer Students To The Counseling and Wellness Center

- ▶ Faculty and staff are the ones often on the front line when it comes to student engagement.
- ▶ It's not easy to know what to do if you come across a student who may be in distress.
- ▶ If you believe that the students may be experiencing a potential crisis, here are some tips from the Counseling and Wellness Center to help you intervene.



# How To Refer Students To The Counseling and Wellness Center

## ▶ **Students in Mild Distress**

- ▶ Students in mild distress may exhibit behaviors that do not disrupt others but may indicate something is wrong and that assistance is needed.

## ▶ **Students in Moderate Distress**

- ▶ Students in moderate distress may exhibit behaviors that indicate significant emotional distress. It is important to keep in mind that the student(s) in distress may be reluctant, uncertain or emotionally unable to ask for help.

## ▶ **Students in Severe Distress**

- ▶ Students in severe distress exhibit behaviors that signify an obvious crisis and that require professional emergency care.

# Students in Mental Health Distress: Severe Symptoms

- ▶ **What to do:**

- ▶ Immediately get help for the student and avoid escalating the situation.

- ▶ Contact campus security and call 911.

- ▶ **A student in the midst of a severe mental health crisis may demonstrate the following behaviors:**

- ▶ May be highly disruptive (hostile, angry, violent).

- ▶ Unable to communicate clearly (slurred, garbled disjointed, or rambling speech).

- ▶ Might claim to be having audio or visual hallucinations (hearing, believing or seeing things unconnected or loosely connected to reality).

- ▶ They may be unable to regulate or control their emotions.

- ▶ May be impaired or under the influence of a substance.

- ▶ They may engage in stalking and or threatening behavior and words (in person, on social media, via email and discussion boards).

- ▶ They may make reference to suicide, self-harm or threatening to harm to others.



# The Counseling and Wellness Center

## ▶If A Student is in Crisis:

▶Please do the following:

▶If you feel there is an immediate threat to yourself or others, please call 911 and or campus security at:

▶Lafayette Hall, 203-332-5025

▶Beacon Hall, 203-332-5040

▶Depending on the situation, you can offer to walk or escort the student to the campus Public Safety Security Office.

▶If you are concerned about an incident off -campus:

▶Contact 911

▶Give them as much information as possible about the student and the situation

▶Include address and a cell phone number.

▶Police Officers can “ping” a cell phone to identify a possible location to conduct a wellness check.

▶You can also contact Bridgeport Mobile Crisis at 203-551-7056 or 1-800- 589-9903, who will conduct an in-person evaluation of the person in crisis.

▶Submit a Care Report ASAP

▶<https://www.housatonic.edu/safety>

# How To Refer Students To The Counseling and Wellness Center

## ▶ How to help!

- ▶ Please have Counseling and Wellness Center information handy to share with student either in person or via email.
  - ▶ We'll be happy to email you our electronic flyer.
- ▶ Encourage the student to reach out to us directly
  - ▶ We can facilitate outreach but students who choose to contact us themselves are actually taking control of their own mental health.
- ▶ Refer the student or contact the HCC Counseling and Wellness Center at 203-332-5285. You can also email us at [HC-Counseling@housatonic.edu](mailto:HC-Counseling@housatonic.edu)

## ▶ Filing A Student of Concern Report

- ▶ If you have a student that you are concerned about, you can also file a “Care Report” through our Advocate system by going to HCC’s website:
- ▶ <https://www.housatonic.edu/safety>

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Mental health issues on the college campus is everyone's responsibility. It is important to be knowledgeable, prepared and empathetic. Thank you for caring about our students.

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**YOU MATTER!**

