

Student Counseling Service

Resources for Graduate Student Advisors

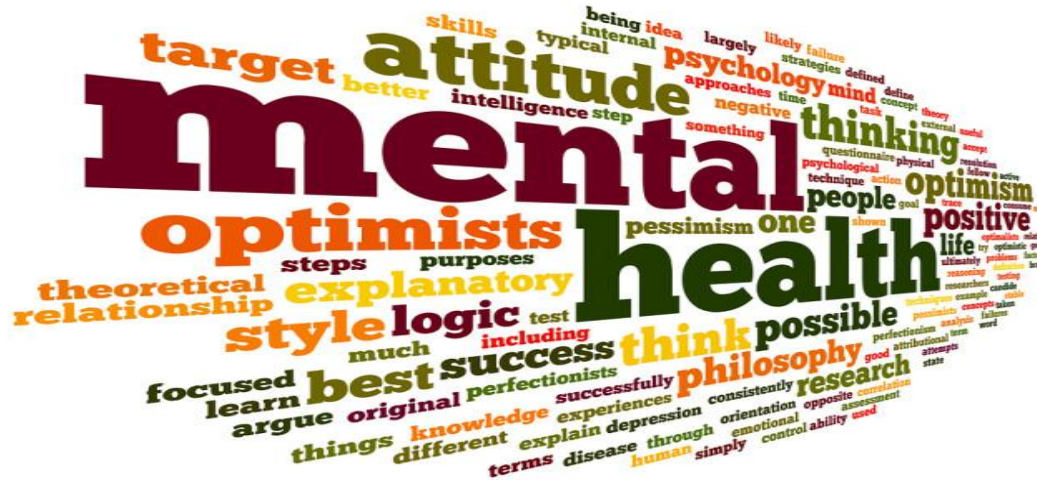


STUDENT COUNSELING SERVICE
TEXAS A&M UNIVERSITY

DIVISION OF STUDENT AFFAIRS



TEXAS A&M
UNIVERSITY



MENTAL HEALTH CHALLENGES

Challenges on Campus

- Adjustment problems
 - Separation from family
 - New to Aggieland
 - Financial stress
- Academic problems
 - Challenging academics
 - Lack of study skills
 - Learning disabilities
 - Shame and fear
- Illicit drug or alcohol use
- Eating disorders
- Mental health disorders
 - PTSD or anxiety
 - Depression
 - Other disorders
- Changing relationships
 - Social isolation
 - Violence (rape, aggression)
 - Feeling misunderstood
- Media influences
 - Bullying or isolation
 - Binge gaming

Warning Signs of Depression and Suicide

- Persistently sad mood
- Feeling hopeless
- Lack of interest in aspects of life once enjoyed
- Difficulty eating or sleeping
- Isolation or social withdrawal
- Deterioration of personal appearance
- Significant behavioral changes
- Gives away personal possessions
- Thinking or talking about suicide or death
- Thinking “no reason to live” or “better off dead”

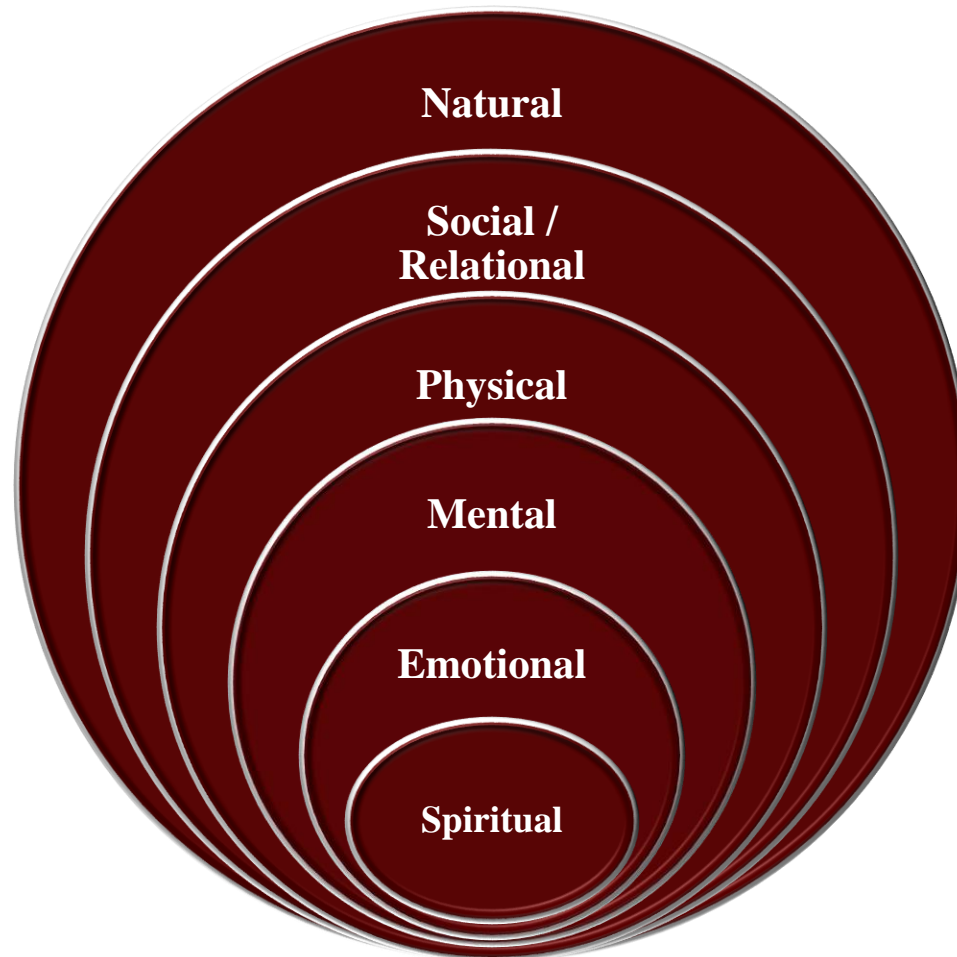
Risk Factors for Suicide

- History of depression or other mental health problems
- Substance abuse
- Impulsive, aggressive, or antisocial behaviors
- Past suicidal behavior
- Family history of depression, substance abuse, aggression, or suicide
- Easy access to lethal methods (like firearms)



SELF-CARE & MENTAL HEALTH PROMOTION

Mental Health in Context



Exercise

- 30 minutes a day, 4-5 days/week
- Walking
 - Choose a safe place
 - Preferably with others and outdoors
 - Early morning or late afternoon
- Swimming
- Go easy and build slowly
 - Stay safe
 - Accountability
 - Strive for consistency
 - Celebrate progress!



Healthy Diet

- Fruits & vegetables – preferably raw
- Meats grilled, broiled or baked without skin or fat
- Smart carbs
- “Tasty morsel” desserts
- Less fast food
- 3 regular or 5-6 small meals
- Use common sense
- Prescribed diets take precedence



Hydration

- Water
 - Improves circulation
 - Eliminates toxins
- Goal: 64 ounces/day
 - 8 cups (8 oz each)
- Dress it up!
 - Mint
 - Citrus slices
- Electrolytes
 - Usually not needed
 - Use with caution during times of great physical exertion



Caffeine

- Highly addictive
- Disrupts sleep
- Increases anxiety
- Can worsen anxiety or PTSD
- Can destabilize bipolar or psychotic disorders
- Rule of thumb: “1 or 2 finished by 2”
 - Energy drinks = 2 or 3 other caffeinated drinks
- Taper slowly for success



Sleep

- Critical for mental and physical health
 - Adult: 8-9 hours/night
 - Teen (17-19 years): 9-10 hours/night
 - Children: 10 or more hours/night
- Optimal sleep
 - Restful and restorative
 - Consistent schedule
 - Dark, quiet environment
 - No electronics or exercise before bedtime
 - Awaken slowly (not abruptly) on schedule to sunlight, activity, sound
- Sleep disruption or deprivation
 - Affects mood, relationships, academics, health



Rest, Relax & Relate

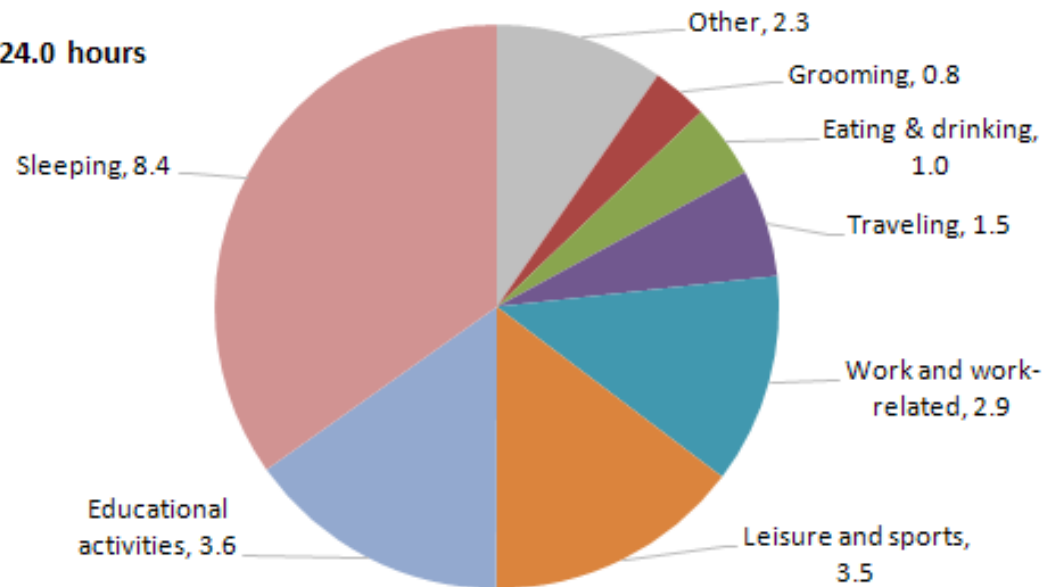
- Spiritual care
- Rest “guilt free”
- Recreation
- Hobbies
- Family
- Friends
- Service
- Community



Balance

Time use on an average weekday for full-time university and college students during the traditional school year (September through May), 2005–09

Total = 24.0 hours



Source: U.S. Bureau of Labor Statistics

www.bls.gov



TEXAS A&M
UNIVERSITY



GETTING HELP



STUDENT COUNSELING SERVICES (SCS)

About SCS

- Funded by student fees
 - Available to current students
 - Bridge charge for summer access
- Confidential (within limits of law)
 - AD military may have exceptions
 - Military member responsible for regulations
- Outreach
- Education
- Training
- Promotion of self-care and mental health
- Triage & evaluation
- Provide direct services, as appropriate
- Coordination with appropriate community services



SCS Staff

- Associate Staff
- Licensed Professional Counselors
- Social Workers
- Psychologists
- Testing Specialists
- Psychology Interns
- Practicum Counselors
- Case Referral Coordinator
- Counseling & Development Specialists
- Psychiatrist
- Psychiatric-Mental Health Nurse Practitioner



SCS Support Services

- Outreach
- Education
 - Pacifica App
 - QPR Gatekeeper Training for suicide prevention
 - Train practicum counselors
 - Supervise psychology interns
- Stress reduction
 - Biofeedback center now at Beutel SHS
- Special situation coordination
 - Tell Somebody:
<http://tellsomebody.tamu.edu>
 - Sexual assault resources

Differences exist in reporting requirements for counselors and faculty or staff
- Community coordination

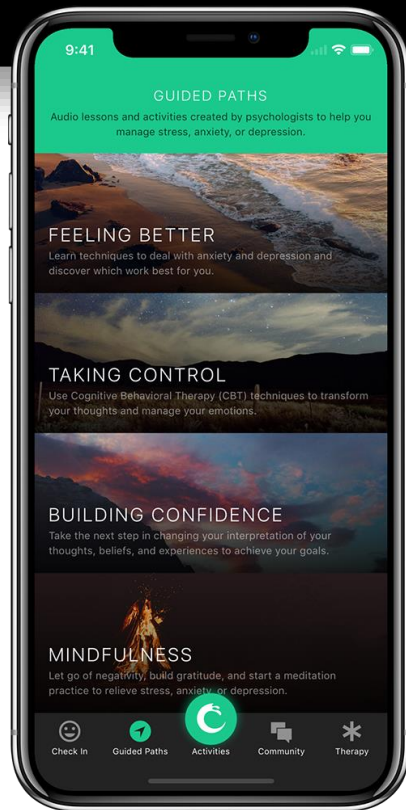


SCS Direct Services

- Workshops
- Group counseling
- ADHD and learning disability screening
- Career testing and career counseling
- Alcohol and drug abuse assessment and treatment
- HelpLine (979) 845-2700
- Crisis intervention
- Short-term couples counseling
- Short-term individual counseling
- Psychiatric services (by referral only)



pacifica for edu



- Record and track mood
- Track healthy habits
- Think more positively with thought recording tools
- Stay organized with goal-setting
- Relaxation exercises
- Skill building
- ***Pacifica Premium App is FREE to students with Texas A&M email!***

Biofeedback

- What is it?
 - Self-regulation skills for stress and anxiety
 - Improves awareness of biological responses
 - Self-paced practice
- What does it do?
 - Reduces stress
 - Improves symptom control
- How do I access this?
 - Beutel Student Health Center



Workshops & Groups

- Workshops
 - 3-sessions on a specific topics
- Groups
 - Semester-long commitment
 - Topics change each semester
- Examples of groups offered in the past when there is interest
 - **Returning Veterans**
 - Women's or Men's
 - Managing Anxiety
 - Worthiness/Self-Worth
 - Understanding Self/Others
 - First Generation College Students
 - International Students
 - LGBTQ+
 - Graduate Students
 - Thesis/Dissertation Support



Individual & Couples Counseling

- Relationships (romantic, peers, parents, and roommates)
- Academic difficulties or probation
- Homesickness, loneliness, isolation, not fitting in
- Career options
- Stress management
- Grief and loss
- Depression and anxiety
- Eating disorders
- Self-injury
- Suicidal thoughts



QPR Training

- *Ask a Question, Save a Life*
- Focus: Suicide Prevention
- Learn to
 - **Q**uestion
 - **P**ersuade
 - **R**efer
- Student Counseling Service provides training
- QPR Institute: www.qprinstitute.com

Prevent or Treat Promptly

- Prevention
 - Self-care and health promotion
 - Optimize mental health
- Prompt intervention
 - Individual or group therapy may be enough
 - Support
 - Self-care skills
 - Medication may still be necessary for some problems
- Delayed treatment
 - Symptom progression
 - Medication more likely
 - Hospitalization
 - Crisis intervention
- Neglecting treatment
 - Decline in functioning
 - Damage to relationships
 - Risk of harm to self or others (suicide/homicide)
 - Multiple hospitalizations
 - Homelessness

When to Get Help

- Issue of **safety**
- Issue is beyond your **competency**
- Issue is beyond your **comfort**
- Individual is **hesitant** to talk about issue
- **Previous efforts have not resolved the problem**

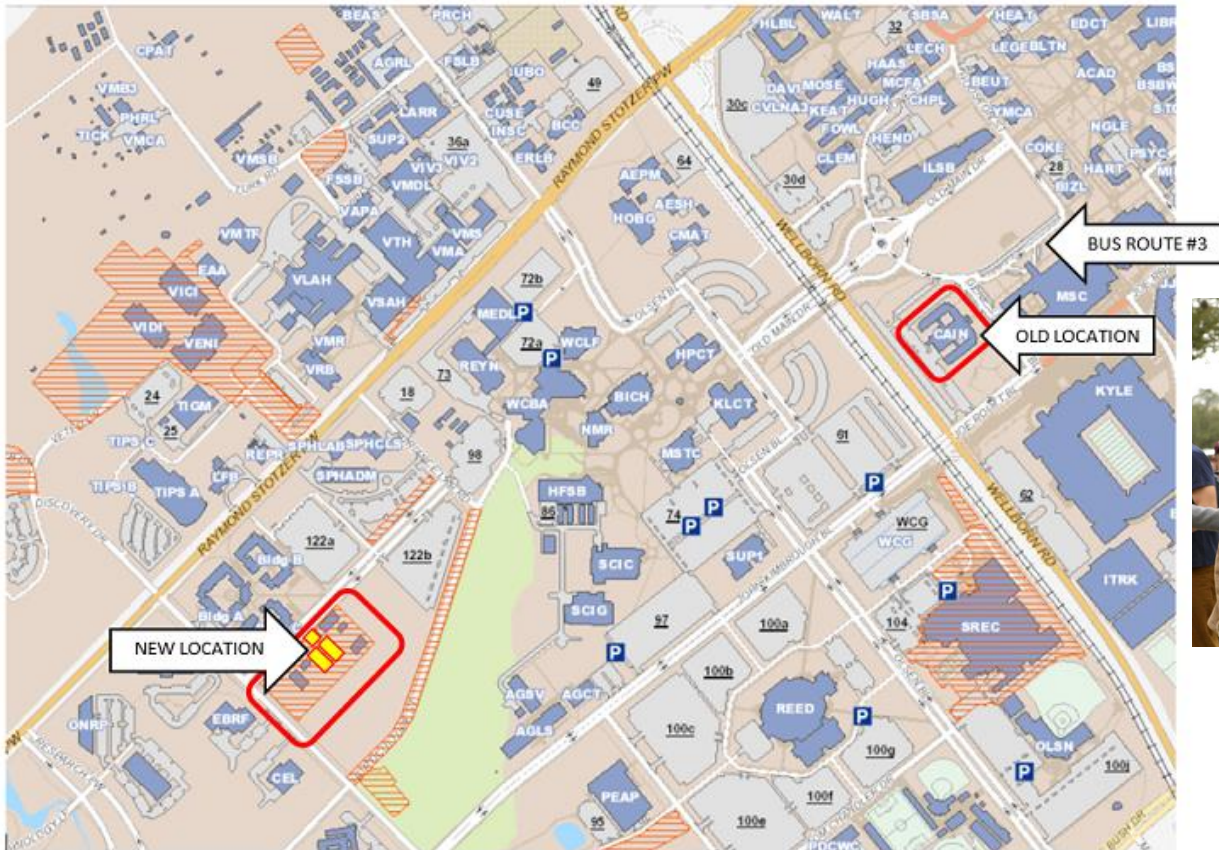


Access SCS Services

- Online: <http://scs.tamu.edu>
- Call: (979) 845-4427
- In person: SCS Registration
 - Modular Building 3 at White Creek
 - Weekdays 8am-5pm
- **If it's a crisis, let someone know!**
 - Life-threatening or life-altering situations or severe distress
 - Can't wait 2-3 days
 - Crisis counselors available
 - Weekdays 10am-12pm and 1-4pm



TAMU Bus Route 3



<http://scs.tamu.edu/whitecreek>

Call the HelpLine

- Weekdays 4pm – 8am during semesters
- Weekends 24/7
- (979) 845-2700
- V/TTY
- Number on back of student ID



Report: “Tell Somebody”

- For troubled or at-risk faculty, staff, and students
- Special Situations Team
- Online: <http://tellsomebody.tamu.edu/>
- E-Mail: specialsituationsteam@tamu.edu
- Not for emergencies. For emergencies, call 9-911 or 911.



In an Emergency

If you find someone . . .

- Is **unconscious**
- Has attempted **suicide**
- Has **overdosed** on medications, alcohol, or illicit drugs
- Appears to be **hallucinating**
- Expresses thoughts **not grounded in reality**
- **Threatens** to use a weapon on **themselves** and has it available
- **Threatens** to harm or kill **someone else**

Call
911 (cell)
or 9-911
(campus
phone)

Presenter

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Student Counseling Service

Student Services at White Creek | Registration
Building 0065

757 West Campus, College Station, Texas 77843

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