# FACULTY RESOURCES

**Quick Links**

1. FacultY Guide to Addressing Mental Health
2. Schedule a University Counseling Center Presentation
3. Schedule a Behavioral Intervention Team Presentation

# STUDENT RESOURCES

**Work-Life Balance Resources [Printable]**

4. Crisis Resources for Students
QUICK LINKS

UNIVERSITY OF UTAH FACULTY & STAFF

UNIVERSITY COUNSELING CENTER  HTTPS://COUNSELINGCENTER.UTAH.EDU/
BEHAVIORAL INTERVENTION TEAM  HTTPS://DEANOFSTUDENTS.UTAH.EDU/BIT/BEHAVIORAL.PHP
THE GRADUATE SCHOOL  HTTPS://GRAD SCHOOL.UTAH.EDU/

AVAILABLE IN CANVAS COMMONS:
GRADUATE STUDENT MENTAL HEALTH RESOURCES CANVAS PAGE

UNIVERSITY OF UTAH GRADUATE STUDENTS

UNIVERSITY COUNSELING CENTER  HTTPS://COUNSELINGCENTER.UTAH.EDU/
BEHAVIORAL INTERVENTION TEAM  HTTPS://DEANOFSTUDENTS.UTAH.EDU/BIT/BEHAVIORAL.PHP
THE GRADUATE SCHOOL  HTTPS://GRAD SCHOOL.UTAH.EDU/GRADUATE- STUDENTS/
EVENTS AND OPPORTUNITIES  HTTPS://GRADSCHOOL.UTAH.EDU/UPCOMING-EVENTS/
STUDENT SUPPORT SERVICES  HTTPS://GRADSCHOOL.UTAH.EDU/GRADUATE-STUDENT- SUPPORT-SERVICES/
FACULTY MENTAL HEALTH RESPONSE GUIDE

DOES THE STUDENT NEED IMMEDIATE ASSISTANCE?

**YES**
The student is showing behaviors that are threatening, actively reckless, disorderly, or indicates a plan to harm self or others in the community.

**CONTACT:**
Campus Police 801-585-2677
AND
Behavioral Intervention 801-581-7066
MAKE A REPORT

---

**Not Sure**
The student is showing behaviors that are disruptive. Excessive demands of time and resources from others in the community. Sends intrusive, intimidating or erratic emails and/or texts. Aggressive towards others.

**CONTACT:**
University Counseling Center 801-581-6826
OR
Behavioral Intervention 801-581-7066
MAKE A REPORT

---

**No**
The student is showing behaviors that are concerning. Sudden and significant drops in academic performance. Isolating from others, exhibiting symptoms of depression, paranoia and anxiety.

**CONTACT:**
University Counseling Center 801-581-6826
OR
Behavioral Intervention 801-581-7066
MAKE A REPORT

---

IF APPROPRIATE PROVIDE STUDENT RESOURCE GUIDE
SEE PAGE 4 & 5 OF FACULTY RESOURCE GUIDE

---

BEHAVIORAL INTERVENTION TEAM

MAKE A REPORT

---

UNIVERSITY COUNSELING CENTER

**Phone:** 801-581-6826
**URL:** https://counselingcenter.utah.edu/
**Hours:** Monday-Friday 8 a.m. - 5 p.m.
**Location:** 201 S 1460 E, Rm 426, Student Services Building
**Emergencies:** For after-hours emergencies, contact the 24/7 Crisis Line 801-587-3000

---

REQUEST A MENTAL HEALTH PROMOTION PRESENTATION

WHO IS THE AUDIENCE?

<table>
<thead>
<tr>
<th>Graduate Students</th>
<th>Faculty, Staff or RA/TA/GA</th>
</tr>
</thead>
<tbody>
<tr>
<td>University Counseling Center presents to students on a variety of topics.</td>
<td>The Behavior Intervention Team (BIT) partner with the University Counseling Center and present the <strong>Intervening with Distressed Students Presentation</strong>. With students facing high levels of stress in their lives, faculty and staff may encounter students whose behaviors are concerning, disruptive or threatening towards themselves or others. To respond to the safety needs of the campus, the Office of the Dean of Students, the University Counseling Center and the Center for Student Wellness has created a presentation which provides participants with intervention skills and how to connect distressed students to support services.</td>
</tr>
<tr>
<td>Please allow a minimum of 3 weeks’ notice for scheduling purposes.</td>
<td></td>
</tr>
<tr>
<td><strong>Example Topics:</strong></td>
<td></td>
</tr>
<tr>
<td>• 15 Minute Mental Health Promotion Presentation (MHPP)</td>
<td></td>
</tr>
<tr>
<td>• Stress Management</td>
<td></td>
</tr>
<tr>
<td>• Suicide Prevention</td>
<td></td>
</tr>
<tr>
<td>• Helping students in distress</td>
<td></td>
</tr>
<tr>
<td>• Self-compassion training</td>
<td></td>
</tr>
<tr>
<td>• Grief and Loss</td>
<td></td>
</tr>
<tr>
<td>• Body Image Issues</td>
<td></td>
</tr>
<tr>
<td>• Communication Skills</td>
<td></td>
</tr>
<tr>
<td>• Career Assessment (MBTI/SII)</td>
<td></td>
</tr>
<tr>
<td>• Learning Strategies</td>
<td></td>
</tr>
<tr>
<td>• Other topics upon request</td>
<td></td>
</tr>
</tbody>
</table>

CLICK HERE TO REQUEST A PRESENTATION

**UNIVERSITY COUNSELING CENTER**

Outreach Coordinator: Christina Kelly LeCluyse

Email: CKLeCluyse@sa.utah.edu

BEHAVIORAL INTERVENTION

Associate Dean of Students for Behavioral Intervention:
Jolene Des Roche

Email Presentation Request:
Behavioralintervention@sa.utah.edu

Phone: 801-581-7066
UNIVERSITY OF UTAH GRADUATE STUDENT RESOURCES FOR WORK-LIFE BALANCE

MIND-BODY

University Counseling Center
Counseling Services, Mindfulness Center, Crisis Services
Student Services Building Room 426
801-581-6826
Hours: M-F 8am to 5pm
https://counselingcenter.utah.edu/

Campus Recreation Services
George S. Eccles Student Life Center
1836 Student Life Way, SLC, UT 84112
801-581-8898
https://campusrec.utah.edu/

Student Health Center
555 Foothill Dr Level 1, SLC, UT 84112
801-581-6431
https://studenthealth.utah.edu/

FINANCIAL ASSISTANCE

University Office of Scholarships & Financial Aid
Student Services Building, Room 105
801-581-6211
https://financialaid.utah.edu/

Personal Money Management Center
A.Ray Olpin University Union, Room 317
801-585-7379
https://personal-money-management.utah.edu/

FAMILY AND CHILDCARE

Center for Child Care and Family Resources
A.Ray Olpin University Union, Room 408
801-585-5897
https://childcare.utah.edu/

ACADEMIC ASSISTANCE

Career and Professional Development Services
201 South 1460 East Room 350, SLC, UT, 84112
801-581-6186
https://careers.utah.edu/

University Writing Center
J. Willard Marriott Library 2nd Floor Rm 2701
801-581-9122
https://writingcenter.utah.edu/

Learning Success Center
801-581-8746
https://learningcenter.utah.edu/

Marriott Library Graduate Student Services
https://www.lib.utah.edu/services/education/gradstudents.php

STAY IN THE KNOW...

The Graduate School
https://gradschool.utah.edu/

Events and Opportunities
https://gradschool.utah.edu/upcoming-events/

Graduate Funding Success Workshops
https://gradschool.utah.edu/graduate-funding-success-workshops/

Graduate School Diversity Office
201 Presidents Circle, Room 201
801-581-7200
https://gradschool.utah.edu/diversity/
ARE YOU IN CRISIS?

YES
I need to talk to someone immediately. I feel unable to function, i.e., get out of bed, or go to class. I have thoughts of harming myself or others.

Not Sure
I need to talk to someone as soon as possible, but I do not feel I am a threat to myself or others. I have a decline in function or motivation and would benefit from assistance.

No
I have noticed a decline in mood, motivation, academic performance. I do not feel I am a threat to myself or others, but I may benefit from assistance.

EMERGENCY ASSISTANCE
CALL 911
OR
GO TO
University Hospital Emergency Department OR University Neuropsychiatric Institute
UNI CRISIS LINE
801-587-3000

University Counseling Center
Crisis Services M-F from 8-5
UCC Crisis Line 801-581-6826

National Suicide Prevention Lifeline
800-273-TALK (8255)

CONTACT:
University Counseling Center
Crisis Services
OR
Schedule an Appt
801-581-6826

Student Health Center
Schedule an Appointment
801-581-6431

CONTACT:
University Counseling Center
801-581-6826
OR
Student Health Center
Schedule an Appointment
801-581-6431
OR
Your Primary Care Provider

STILL UNSURE OF WHAT SERVICES YOU MAY NEED?
TAKE AN ANONYMOUS MENTAL HEALTH SCREENING
CLICK HERE

UNIVERSITY COUNSELING CENTER
Phone: 801-581-6826
URL: https://counselingcenter.utah.edu/
Hours: Monday-Friday 8 a.m. - 5 p.m.
Location: 201 S 1460 E, Rm 426, Student Services Building
Emergencies: For after-hours emergencies, contact the 24/7 Crisis Line 801-587-3000

STUDENT HEALTH CENTER
Phone: 801-581-6431
URL: https://studenthealth.utah.edu/
Hours: Monday-Friday 8 a.m. - 4 p.m. with Additional Extended Hours (see website)
Location: 555 Foothill Dr. Level 1, Salt Lake City, UT 84112