University Health Services

Red Folder Presentation

Recognize, Respond, Refer
OBJECTIVES

• Recognize Students in Distress
  • Is this something I should be concerned about?
  • What is my role in this situation?
• Respond
  • What should I say?
  • How do I know if what I say will make things worse?
• Refer
  • How do I get this person to consider services?
  • With whom can I consult?
RECOGNIZE

- Depressed or lethargic mood
- Hyperactive mood or speech
- Swollen or red eyes
- Strange or bizarre behavior
- Change in personal hygiene
- Exaggerated emotional response inappropriate for the situation
• Change in absences or tardiness
• Change in quality of performance or participation
• Disturbing content in paper/e-mails
• References to suicide or helplessness in conversation or writing
• Presenting as intoxicated or high
• Repeated requests for extensions
• Disruptive behavior
If in doubt....CONSULT.

Not sure what to think?
What to do?

Respecting student privacy, talk to others.
RESPOND

• Express concern and interest.
• Listen empathetically & supportively.
• Do not minimize the student’s distress.
• If references are made to suicide or dying, ask the student about it. Asking will not make their risk more likely, it actually decreases the risk.
RESPOND

• “I’ve noticed that you have missed class a number of times in the last two weeks. Is everything okay?”

• “It sounds like things are pretty tough right now.”

• “With all you mentioned about _______, I’m wondering if you have thoughts about hurting yourself? Have you ever thought about suicide?”
“Did you know that UHS offers counseling and wellness services? Their job is to help students get through situations like the one you’ve described.”

“Do you feel like you are performing at your peak? The folks at UHS are in the business of helping students reach their peak performance. The services are free and confidential.”
UNIVERSITY HEALTH SERVICES
333 East Campus Mall
608.265.5600
Option 9 for Crisis
NO WRONG DOOR

• Access Consultation
• Individual/Group Counseling
• Psychiatry
• 24-Hour Crisis Services
• Let’s Talk

• Behavioral Health
• Wellness Services
• Care Management

Photo by UW-Madison, University Communications
CRISIS SITUATIONS

- Call the police
- Call UHS Crisis Line
- Consult

Refer to the “Red Folder” for key information
APPRECIATE YOUR LIMITS
Realize the limits of your own responsibility when assisting distressed students.

• Getting involved does not mean you must (or can) resolve the student’s difficulties.

• You are **not** responsible for the student’s emotional well-being.

• Obtain support for yourself from colleagues, partners, friends, or the Employee Assistance Office.
50 Ways to Take a Break

- Take a Bath
- Light a candle
- Learn Something NEW
- LISTEN to Music
- REST your legs up on a wall
- Let out a sigh
- Go to a body of water
- Watch the stars
- Fly a Kite
- Watch the clouds
- Write a Letter
- 2+ More twice as Slowly

MEDITATE
- Take Deep Belly Breaths
- Notice Your Body

WRITE
- in a journal
- Go for a run
- Walk Outside

EAT
- a meal in SILENCE
- Drive somewhere NEW
- Examine an everyday object with Fresh Eyes

SOMETHING
- Make some MUSIC
- COLOR with Crayons
- Do some gentle stretches
- Go to a Farmer’s Market

SMELL
- Read some poetry
- Read a quick poem
- Put on some music and DANCE
- Bake something
- Read some art

TASTE
- Turn off all electronics
- Go to a park
- Go to a body of water
- Go for a bike ride
- Pet a furry creature
- Create your own coffee break
- Go to a Farmer’s Market

SIGHT
- Climb a Tree
- Let go of Something
- Put on something funny
- Give Thanks
- Engage in small acts of KINDNESS

FEEL
- Walk outside
- Call a friend
- Meander around Town
- Find a relaxing scent
- Wake your Body
**CAMPUS RESOURCES**

**University Health Services**
265-5600 (option 2)
333 East Campus Mall
[www.uhs.wisc.edu](http://www.uhs.wisc.edu)

**Dean of Students Office**
263-5700
75 Bascom Hall
[http://students.wisc.edu/](http://students.wisc.edu/)

**UW-Madison Police**
911 or 264-COPS
Website:  [http://www.uwpd.wisc.edu/](http://www.uwpd.wisc.edu/)

**Rape Crisis Center** (24 hour crisis line)
251-7273
333 East Campus Mall, #7901  [www.danecountyrc.org](http://www.danecountyrc.org)
ADDITIONAL RESOURCES

kognitocampus.com/login
Use enrollment key: uwmadison
QUESTIONS

Thank you!