

Support Resources for Faculty & Staff:

FAU Employee Assistance Program: 1.800.865.3200 (24 hrs; acute crisis support & referrals)

Therapy Assistance Online: Free and confidential evidence-based therapeutic online modules and tools can be accessed by registering with your FAU email here:

<https://us.taoconnect.org/register>

WPB National Alliance on Mental Illness (kid, teen, family & adult events): <https://namipbc.org/>

WPB Jewish Family Services (not necessary to be Jewish): <https://www.alpertjfs.org/>

WPB Alliance For Eating Disorders Awareness: <https://www.allianceforeatingdisorders.com/>

Lake Worth Beach: Compass Community Center (LGBTQ+): <https://compassglcc.com/>

Suggested Text for Mental Health & TAO Canvas Announcements/Emails to Students:

This is a stressful time of the semester. If you could benefit from some support, I urge you to make use of the resources below. Seeking out and using resources is part of becoming an independent high-functioning professional! A sampling of FAU and community resources:

- Great online support resource: Therapy Assistance Online (TAO) is free and confidential for all FAU students, faculty and staff and provides online evidence-based education, techniques, and tools supporting mental health. FAU will not have access to any of your information. You can register with **your FAU email** here:
<https://us.taoconnect.org/register>
TAO offers over 150 brief, effective, educational modules covering 50+ topics and skills related to mental health, wellness, and substance use issues. TAO includes interactive sessions, mindfulness exercises, and practice tools aimed at helping you achieve your goals.
- If it is a safety emergency, call 911 (FAU and local police will be alerted to assist).
- For non-emergency concerns about another student, get help by filing here:
<http://www.fau.edu/report/>
- To schedule a free FAU CAPS counseling appointment: <https://www.fau.edu/counseling/>
- For a range of FAU, community, and online resources, FAU Thrive provides a central hub including help & support listings, discounted community mental health providers, and student blogs: <http://www.fau.edu/thrive/>
- FAU CAPS Crisis Line: 561-297-3540 (24 hours)
- Text Crisis Line: Text HOME to 741741 (24 hours)
- FAU Victim Services: 561.297.4841; 561.297.0500 (24 hours)
- FAU International Student Services: 561.297.3049 (8 AM – 5 PM)

Suggested Text for TAO Canvas Extra Credit Assignment for Students:

- Therapy Assistance Online (TAO) is free and confidential for all FAU students, faculty and staff and provides online evidence-based education, techniques, and tools supporting mental health. FAU will not have access to any of your information. You can register with your FAU email here: <https://us.taoconnect.org/register>
- TAO offers over 150 brief, effective, educational modules covering 50+ topics and skills related to mental health, wellness, and substance use issues. TAO includes interactive sessions, mindfulness exercises, and practice tools aimed at helping you achieve your goals.
- For extra credit:
 - 1) Select at least 30 minutes of TAO content to try. To browse FAU Thrive De-Stress TAO content, you can sign-up with the link below and selected content will be put into your "to do" feed for you: <https://us.taoconnect.org/student/invite/248/destress>
 - 2) Write at least 2 things you learned about mental health, physical health, behavior, cognition, and/or the links between them.
 - 3) For even more extra credit, you can earn a badge by completing a short course and turn in the pdf or screenshot of your badge.
- Take good care of your wonderful selves!

Resources by Phone

Counseling (CAPS) Jupiter: 561-799-8635 Boca: 561-297-3540 Davie: 954-236-1210

FAU Police Jupiter: 561-799-8700 Boca: 561-297-3500 Davie: 954-236-1140
Jup Officer: 561-339-0015

Dean of Students 561-297-3542

Victim Services: 561-297-4841; 561-297-0500 (24 hours)

Employee Assistance Program: 1.800.865.3200

FAU Resources Online

Reporting a concern (Student crisis, conduct, sexual misconduct, etc): <http://www.fau.edu/report/>

**An all-purpose hub with links for all reporting options. Unsure? Call Dean of Students or

https://cm.maxient.com/reportingform.php?FloridaAtlanticUniv&layout_id=0?

**There is a "student of concern" option. (Students can also submit reports and remain anonymous). For faculty & staff, provide your name on report. Consider letting the student know you are submitting their name & asking FAU to reach out with help.

Therapy Assistance Online (TAO) includes 150+ education modules and tools for mental health. They are confidential and can be accessed by registering with your **FAU email** here: <https://us.taoconnect.org/register>

FAU Thrive is a central hub with health and wellness resources and information including help & support listings, discounted Owl Perks Providers, links, student blogs:

<http://www.fau.edu/thrive/> **Good place to send students

FAU Thrive discounted local providers: <https://www.fau.edu/thrive/students/get-help/community-services/>

Online training modules for interacting & referring distressed students (Kognito)

<https://www.fau.edu/counseling/kognito/> **Three 20-minute avatar-based interactions with distressed students

Brief faculty guide: http://www.fau.edu/counseling/Students_in_Distress_Guide.pdf

**Page 2 provides listing of who to contact in various situations

Owl Help: Lists student problem areas with links to appropriate resources for each:

<http://fau.edu/healthycampus/mentalhealth/>

CAPS Counseling for students: <https://www.fau.edu/counseling/resources/facultyresource.php>

SHS Psychiatric & medical services for students: <https://www.fau.edu/shs/>

Mental health assessment screenings for students: <http://screening.mentalhealthscreening.org/fau>

Conversation Starters with Distressed Students

- You don't seem like yourself lately...
- I have noticed a change in you recently and I'm concerned...
- Is everything OK?
- How are you? It's okay to not be okay...
- Your coursework / behavior / attendance / etc. has changed... Is there something I can do to help?
- Is there anything you need from me?
- Do you need to talk? Sometimes talking can help make things feel a little better.
- Are you getting the help you need?

Steering the Conversation with Distressed Students

Limiting Disclosures:

- You can keep the details private. I don't want to pry, just to figure out how to help.
- Since I am your professor, you don't need to tell me all of the details, just the big picture.
- Learning about the general category of difficulty you are having will allow me to help you find the best strategies and resources.

Clarifying Limits to Confidentiality:

- These things are too important to keep secret. I need to get you help and support.
- You and your safety and well-being are too important to keep these things secret.
- In my role as a university employee, there are some things that I am required to act on. These include serious concerns of harm to yourself, others, or abuse, discrimination, or sexual misconduct. I need to get help right away to protect those who might need it.

Putting in a Report:

- I will reach out to the university to try to get you help and assistance. You will probably hear back from the Dean of Students office about resources and support that are available.

Follow-up Conversations with Distressed Students

- I'm just checking back with you.
- How are things?
- Did you get the help you need?
- Is there anything more I can do to help?

Support students by:

- Verbally highlighting the CAPS statement in the syllabus on Day 1
- Listing mental health resources on Canvas
- Setting Canvas deadlines between 8pm and 10pm
- Displaying the CAPS sign and QR code on your office door
- Reaching out and expressing concern when students:
 - seem upset
 - have a big performance drop
 - behave or appear markedly differently
 - disappear
- Verbally emphasizing need for self-care at high-pressure points in the semester
- Sharing your own self-care strategies with students to normalize it
- Emailing wellness resource info to the class before mid-term and final exam time