Mild Distress
• Feeling uneasy
• Having the “blues”
• Temporary or time-limited
• Resilience kicks in

Moderate Distress
• Some sleep troubles
• Minor concentration issues
• Crying, visibly distressed
• Accessing support system

Continuum of Distress Response & CAPS Services

- Provide emotional support and active listening
- Encourage student to reach out to their friends and family, exercise, eat a meal and get some sleep
- Mindfulness resources – Breathe - Northwestern University
- WellTrack – Interactive Self-Help Therapy
- CAPS Virtual Programming: Counseling and Psychological Services - Northwestern University
- Let's Talk : Counseling and Psychological Services - Northwestern University
- Make an Appointment: Counseling and Psychological Services - Northwestern University (scheduler shows available appointments within the next 2 weeks, new appointments open daily) or call CAPS at 847-491-2151.
- 24/7 crisis support at CAPS 847-491-2151
- See additional resources in green box above
- Share link CAPS Referral Database - Search (northwestern.edu) or Psychology Today: Health, Help, Happiness + Find a Therapist (if out of state)
Response for Severely Distressed Students

**Severe Distress**
- Withdrawn
  - Isolating, even from support system
  - Missing class
  - Not handing in work
- Disturbance of daily functioning
  - Not sleeping/eating
- Major concentration issues
- Experiencing panic attacks
- Hostile/irritable/threatening
- Suicidal thoughts

- Provide emotional support and active listening
- Firmly encourage student to connect with professional help right away
- Student calls CAPS at 847-491-2151 and ask for same day appointment
- If after hours, call CAPS and follow prompts to be connected to a crisis clinician – anticipate a brief wait
- Conference call CAPS with student
- Consult with Assistant/Associate Dean, Dean of Students, CAPS clinician

- National Suicide Prevention Lifeline 1-800-273-TALK (8255)
- Trans Lifeline (877-565-8860) suicide hotline for transgender people (staffed entirely by transgender individuals)
- The Jed Foundation & Steve Fund (for BIPOC)
  - Crisis Text Line - Text "START" to 741-741
  - BIPOC support - Text "STEVE" to 741741
- Ulifeline
- Suicide Prevention Resource Center
- American Association of Suicidology
Responding to Students in Distress: A Primer for Northwestern Faculty

Mental Health Statements for Syllabi

Statement 1 (encouraging students to reach out directly to their professor):

Northwestern University is committed to supporting the wellness of our students. Student Affairs has multiple resources to support student wellness and mental health. Please feel free to reach out to me about any difficulty you may be having that may impact your performance in this course as soon as it occurs and before it becomes unmanageable. Students can also access confidential resources through the Counseling and Psychological Services (CAPS), Religious and Spiritual Life (RSL) and the Center for Awareness, Response and Education (CARE). Additional information on all of the resources mentioned above can be found here: https://www.northwestern.edu/counseling https://www.northwestern.edu/religious-life/ https://www.northwestern.edu/care/

Statement 2 (offering campus resources):

Northwestern University is committed to supporting the wellness of our students. Student Affairs has multiple resources to support student wellness and mental health. If you are feeling distressed or overwhelmed, please reach out for help. Students can access confidential resources through the Counseling and Psychological Services (CAPS), Religious and Spiritual Life (RSL) and the Center for Awareness, Response and Education (CARE). Additional information on all of the resources mentioned above can be found here: https://www.northwestern.edu/counseling/ https://www.northwestern.edu/religious-life/ https://www.northwestern.edu/care/

Relevant Resources

A  Academic Support and Learning Advancement (ASLA): https://www.northwestern.edu/academic-support-learning/index.html
    AccessibleNU: https://www.northwestern.edu/accessibleunu/faculty/index.html
    Affordable Instructional Resources (AIR): https://air.northwestern.edu/

B  Black Student Experience Report: https://www.northwestern.edu/inclusion/reviews-and-reports/bs-experience-pages/
    Books & Supplies (including Books for Cats): https://www.northwestern.edu/enrichment/resources/books-supplies.html

Updated: June 1, 2021
Breathe (stress management resource for students):  https://www.northwestern.edu/breathe/index.html


Center for Awareness, Response and Education (CARE): https://www.northwestern.edu/care/index.html

Counseling and Psychological Services (CAPS): https://www.northwestern.edu/counseling/about/index.html

Office of Community Standards: https://www.northwestern.edu/communitystandards/

Share a Concern: https://www.northwestern.edu/nuhelp/share-a-concern/
- General Concern about a Student or a Student’s Conduct: https://publicdocs.maxient.com/reportingform.php?NorthwesternUniv&layout_id=127
- Sexual Misconduct, Stalking, or Dating or Domestic Violence: https://cm.maxient.com/reportingform.php?NorthwesternUniv&layout_id=31
- Hate or Bias: https://cm.maxient.com/reportingform.php?NorthwesternUniv&layout_id=26

Dean of Students: https://www.northwestern.edu/studentaffairs/dos/index.html
- Dean on Call: https://www.northwestern.edu/studentaffairs/dos/departments/dean-on-call.html

Emergency Aid Assistance in Financial Aid: https://www.northwestern.edu/enrichment/resources/student-emergency-essential-needs.html

Student Emergency and Essential Needs (SEEN) Fund: https://www.northwestern.edu/studentaffairs/dos/resources/financial-resources.html

Office of Equity: https://www.northwestern.edu/equity/

Top Ten List of Resources for FGLI (first-generation, low-income) Students: https://www.northwestern.edu/enrichment/resources/top-ten-list-of-resources-for-fgli-students.html

Food Accessibility: https://www.northwestern.edu/enrichment/resources/food-accessibility.html


Updated: June 1, 2021
Funding Resources at The Graduate School (TGS): https://www.northwestern.edu/tgs/diversity/funding-resources/index.html

Support Resources at TGS: https://www.northwestern.edu/tgs/diversity/retention/index.html

Health Promotion and Wellness (HPAW): https://www.northwestern.edu/wellness/index.html
Chicago Health Services: https://www.northwestern.edu/healthservice-chicago/
Evanston Health Services: https://www.northwestern.edu/healthservice-evanston/

InclusionNU Fund: https://www.northwestern.edu/msa/resources/inclusionnu-fund/index.html

Laptops: https://www.northwestern.edu/enrichment/resources/laptops.html
Libraries:
  - Study Spaces: https://www.library.northwestern.edu/visit/classrooms/index.html
  - Technology Resources: https://www.library.northwestern.edu/visit/technology/index.html
Legal Resources: https://www.northwestern.edu/enrichment/resources/legal-resources.html
LGBTQIA at Northwestern: https://www.northwestern.edu/msa/lgbtqia/index.html

Medical Leave of Absence: https://www.northwestern.edu/studentaffairs/dos/programs-services/medical-leave-of-absence/

Multicultural Student Affairs (MSA): https://www.northwestern.edu/msa/
  - Send questions and referrals to msa@northwestern.edu. MSA administrative assistants manage the account and send the message along to the appropriate staff.

Off-Campus Life Office: https://www.northwestern.edu/offcampus/index.html
Open Educational Resources (OER): https://air.northwestern.edu/get-started/open-educational-resources/

Religious & Spiritual Life: https://www.northwestern.edu/religious-life/index.html

Social Justice Education: https://www.northwestern.edu/socialjustice/

Student Activities Assistance Fund: https://www.northwestern.edu/enrichment/resources/books-supplies.html

Student Affairs Information Technology: https://www.northwestern.edu/studentaffairs/sait/index.html


Student Enrichment Services (SES): https://www.northwestern.edu/enrichment/
  - Faculty and students can submit a question/issue/referral using the SES Interest Form.

Student Organizations and Activities: https://www.northwestern.edu/studentorgs/index.html

Guidance for Teaching During Turbulent Times: https://www.northwestern.edu/searle/docs/teaching-during-turbulent-times.pdf

Title IX and Pregnant and Parenting Students: https://www.northwestern.edu/sexual-misconduct/get-help/pregnancy-and-parenting.html

Undergraduate Student Lifecycle recommendations and implementation plans: https://www.northwestern.edu/provost/initiatives/strategic-priorities/undergraduate-student-lifecycle/index.html

Undocumented/DACA: https://www.northwestern.edu/enrichment/resources/undocumented-daca/index.html

Student Veterans’ Resources: https://www.northwestern.edu/studentaffairs/dos/resources/student-veterans-resources/index.html
Winter Gear: [https://www.northwestern.edu/enrichment/resources/winter-gear.html](https://www.northwestern.edu/enrichment/resources/winter-gear.html)

Support and Resources at the Women’s Center:  
[https://www.northwestern.edu/womenscenter/support-resources/index.html](https://www.northwestern.edu/womenscenter/support-resources/index.html)

Work/Life & Family Resources for Graduate Students:  
[https://www.northwestern.edu/hr/benefits/work-life/view-benefits-by-audience.html#Graduate-Student](https://www.northwestern.edu/hr/benefits/work-life/view-benefits-by-audience.html#Graduate-Student)