

Be Well. Do Well.

SUPPORTING STUDENT MENTAL HEALTH

Dear Campus Partner,

The programming topic most requested from the counseling center is regarding how to address students that may be experiencing distress. As part of the university wide mental health initiative, we are making available an interactive, AI-driven, online conversation simulation training program for your students and staff. It's called Kognito and includes two separate training modules, one aimed to assist students to support their peers and the other focuses on staff to student interactions.

The trainings are designed to help our community learn to notice signs of distress, use techniques to discuss our concerns, and, if necessary, refer students to appropriate resources. The Kognito training modules give your staff and students the opportunity to practice these challenging conversations at their own pace through role-play with virtual students. In a national study of effectiveness, this simulation has been shown to increase the number of student referrals to counseling. It is also listed in the Suicide Prevention Resource Center's Best Practices Registry and under review for inclusion in the National Registry of Evidence-based Programs and Practices.

Access Instructions

1. Using a compatible browser such as Google Chrome or Mozilla Firefox, navigate to <https://kognitocampus.com/>.
2. Create a new account by selecting "Click Here" above the email and password fields.
3. Follow the prompts and enter the appropriate enrollment key;

Faculty/Staff: gsuemployee

1. Follow the on-screen instructions to access the simulations page.
2. Select the Staff simulation tile and click "Launch" to begin the simulation.

This training takes about 45 minutes to complete and can be completed in multiple sittings, as your progress will be saved. The Counseling Center is also available to provide a Q & A session to help your team solidify the training following completion.

If you have any questions or concerns, please don't hesitate to contact the Counseling Center's Coordinator of Urgent Care and Suicide Prevention, Dr. Chrisanne Mayer at cmayer1@gsu.edu.

The handouts to follow include information from the Counseling Center that we hope you find helpful in supporting Panther mental health.


Sincerely,

Dr. Mikyta Daugherty

Director of Counseling Services

Learn to notice signs of distress, use techniques to discuss your concerns, and, if necessary, refer students to appropriate resources.

KOGNITO TRAINING



ARE YOU WORRIED ABOUT A STUDENT?

College can be stressful at times. Build the confidence to talk with a student who you're concerned about.

At-Risk for Faculty & Staff

Be prepared to lead real-life conversations with students that build resilience, strengthen relationships and connect them with support.



TO ACCESS THIS SIMULATION:

- 1. Visit kognitocampus.com**
- 2. Log in or create a new account**
- 3. Use Enrollment Key:**
- 4. Launch *At-Risk for Faculty & Staff***

Concerned about a student's mental health - Who should you contact?

Dangerous Student

Student makes verbal or physical threats to harm self or others

Disruptive Behavior

Student demonstrates bizarre/concerning behavior that disrupts the learning environment

Student of Concern

Students who appear confused, sad, anxious, irritable, unmotivated, or have difficulty interacting with others

Suicidal Ideation

Student expressed thoughts about not wanting to live, wanting to end their life, or threatens to harm self



Call GSU
Police
404-413-3333



Talk to student and
share your concern or
observation



- Urge student to contact Counseling Center
- Ask if student would mind if a counselor contacted them
- Provide Crisis Phone # for after-hours support
- Contact Counseling Center to relay your concern 404-413-1640

****Call GSU Police if immediate or imminent danger 404-413-3333**

Complete appropriate Maxient Referral Form:

<https://deanofstudents.gsu.edu/student-assistance/students-of-concern/>

How to Impact Student Willingness to Seek Support:

- Assume everyone is at their breaking point. Be gentle!
- Demonstrate compassion. Remember that asking for help involves being willing to show vulnerability.
- Intentionally articulate interest in your students' well-being. Express your observations and concerns.

Worried about a student but need help responding? Contact the Counseling Center for Consultation (3-1640):

- Let the front office know you are faculty or staff
- Tell them you'd like to speak to a counselor about a student
- Let them know if it's imperative that you speak with someone immediately or if it would be fine for a counselor to return your call shortly
- Let them know if the student is with you and you'd like for a counselor to speak with them directly



Sample Response to Student in Distress:

"I've noticed that you've been *what you notice that concerns you*. I want you to succeed and for you to be well. I'm wondering if it may be helpful for you to reach out to the Counseling Center? Often talking about things is helpful and they are there to support you. There are also student support staff in the Office of the Dean of Students that have access to resources you may not be aware of. I really hope that you do reach out to these offices. However, if you prefer, I can have them reach out to you. Would you be okay with that?"



Add these statements to your syllabus or to the bottom of your announcements and emails to students:

Syllabus Statement:

"At Georgia State University, we provide support inside and outside of the classroom so you can reach your academic and career goals. If you are facing challenges, or feeling overwhelmed, the university may have resources that can help. If you have physical or mental health concerns, any type of disability, have been victimized by crime, are having difficulty accessing enough food to eat, or lack a safe and stable place to live, please reach out for support. If you don't know where to find it, ask me. I may be able to help. Students can also visit bewell.gsu.edu to find support resources.

Email Footer:

- Stay connected to other Panthers at **TogetherAll.com**, an exclusive chat space available for GSU students to share, get and give support from other Panthers. Check it out on our website.
- Visit us at **BeWellPanthers** on YouTube and @BeWellPanthers on Instagram and Twitter, as well as at **BeWell.gsu.edu**.
- Finally, if you find yourself in crisis, you can reach out to us 24/7 by calling **(404) 413-1640**.

#BeWellPanthers

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SUPPORTING STUDENT MENTAL HEALTH

Services Offered by the Counseling Center

404-413-1640

Eligibility: All Enrolled Students (in Georgia only)



Individual/Couples Counseling

Meet with a GSU counselor for individual or couples therapy.



Group Counseling

Parenting in COVID, Black Women's Support, Trans Group, Emotional Resilience, Graduate Student Support, Be Well: Coping Skills Workshop.



Care Consultations

Same-day, brief, supportive sessions with a mental health professional.



Psychiatry

Evaluation and management of prescriptions



Client Advocacy

Individual help finding resources in the community; housing, food, health care & more.



Programming

BeWellProgramming@gsu.edu
or
<https://counselingcenter.gsu.edu/student-wellness-programming/>



Peer-to-Peer Support

Free & anonymous online peer-to-peer mental health support community available 24/7.
togetherall.com



Stress-Less Bio-Feedback

Relaxation room, Massage Chair, VR goggles, Vibroacoustic Therapy, MUSE brain EKG



Collegiate Recovery Community

Supportive programming and activities for students in substance use recovery.
CRC@gsu.edu

AFTER HOURS CRISIS COUNSELING AVAILABLE 24/7 AT 404-413-1640
counselingcenter@gsu.edu