
MENTAL HEALTH RESOURCE GUIDE

FACULTY RESOURCES

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UNIVERSITY OF UTAH FACULTY & STAFF

UNIVERSITY COUNSELING CENTER [HTTPS://COUNSELINGCENTER.UTAH.EDU/](https://counselingcenter.utah.edu/)

BEHAVIORAL INTERVENTION TEAM [HTTPS://DEANOFSTUDENTS.UTAH.EDU/BIT/BEHAVIORAL.PHP](https://deanofstudents.utah.edu/bit/behavioral.php)

THE GRADUATE SCHOOL [HTTPS://GRADSCHOOL.UTAH.EDU/](https://gradschool.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/](https://counselingcenter.utah.edu/)

BEHAVIORAL INTERVENTION TEAM [HTTPS://DEANOFSTUDENTS.UTAH.EDU/BIT/BEHAVIORAL.PHP](https://deanofstudents.utah.edu/bit/behavioral.php)

THE GRADUATE SCHOOL [HTTPS://GRADSCHOOL.UTAH.EDU/GRADUATE-STUDENTS/](https://gradschool.utah.edu/graduate-students/)

EVENTS AND OPPORTUNITIES [HTTPS://GRADSCHOOL.UTAH.EDU/UPCOMING-EVENTS/](https://gradschool.utah.edu/upcoming-events/)

STUDENT SUPPORT SERVICES [HTTPS://GRADSCHOOL.UTAH.EDU/GRADUATE-STUDENT-SUPPORT-SERVICES/](https://gradschool.utah.edu/graduate-student-support-services/)

FACULTY MENTAL HEALTH RESPONSE GUIDE

REVIEW BEHAVIORAL INTERVENTION RESPONSE GUIDE [HERE](#)

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

University of Utah Behavioral Intervention Team. (n.d.). The Office of the Dean of Students. Retrieved from <https://deanofstudents.utah.edu/bit/make-a-report.php>

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?

Graduate Students

University Counseling Center presents to students on a variety of topics.

- Please allow a minimum of 3 weeks' notice for scheduling purposes.

Example Topics:

- 15 Minute Mental Health Promotion Presentation (MHPP)
- Stress Management
- Suicide Prevention
- Helping students in distress
- Self-compassion training
- Grief and Loss
- Body Image Issues
- Communication Skills
- Career Assessment (MBTI/SII)
- Learning Strategies
- Other topics upon request



UNIVERSITY COUNSELING CENTER

Outreach Coordinator:
Christina Kelly LeCluyse

Email:
CKLeCluyse@sa.utah.edu

[CLICK HERE TO REQUEST A PRESENTATION](#)

Faculty, Staff or RA/TA/GA

The Behavior Intervention Team (BIT) partner with the University Counseling Center and present the **Intervening with Distressed Students Presentation**. 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.



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/>

STUDENT MENTAL HEALTH RESPONSE GUIDE

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.



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)

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.



CONTACT:

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

Student Health Center
Schedule an Appointment
801-581-6431

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.



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

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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