

BLUE PAGE

MENTAL HEALTH RELATED CONCERNS?

LU Counseling & Psychological Services

RECOGNIZE

SIGNS OF DISTRESS



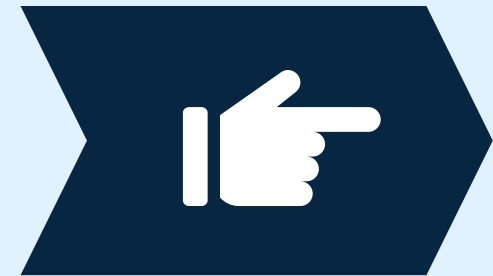
RESPOND

TO THE STUDENT



REFER

TO APT RESOURCES



RECOGNIZE



THE FOLLOWING SIGNS OF DISTRESS

PHYSICAL

- Sudden change in appearance or mood
- Tearfulness
- Under influence of drugs or alcohol
- Overly tired or overly hyperactive
- Avoidance of eye contact
- Dramatic weight change
- Evidence of self-injurious behaviors

PSYCHOLOGICAL

- Depressed mood or lethargic
- Anxious behaviors or mood
- Attention-seeking behaviors
- Downplaying major events
- Increased anger or irritability
- Themes of worthlessness or helplessness

SOCIAL

- Withdrawal from usual social interactions
- Change in classroom engagement or behavior
- Defensiveness
- Specific or vague threats
- Verbal outbursts

SPIRITUAL

- Excessive over-spiritualization of emotions or circumstances
- Statements about wanting to be with Jesus or in Heaven
- Abrupt or drastic crisis of faith

RESPOND



TO THE STUDENT WHO IS DEMONSTRATING SIGNS OF DISTRESS

- **Remain calm**
- **Call CAPS** for consultation and clarification.
- **Ask direct questions** - do not hesitate to ask if the student is contemplating harming/killing themselves or another.
- **Actively listen** to the student.
- **Consult** with colleagues or other campus office if unsure what to do.
- **Call LUPD** if you, the student, or anyone else is in danger.

REFER



THE STUDENT TO THE APPROPRIATE RESOURCES TO ASSIST THEM



ENCOURAGE

For **moderate** mental health concerns, encourage students to attend intake assessment at CAPS during **walk-in hours**.



ACCOMPANY

For **elevated** mental health concerns (suicidal/homicidal language or bizarre behaviors), accompany student to CAPS for crisis assessment during **office hours**.



CALL LUPD

In case of **imminent danger**, or outside of CAPS office hours, call LUPD for help.

OTHER REFERRAL OPTIONS INCLUDE:

CARE AND SUPPORT

Green Hall, Room 1838
(434) 592-5638
care@liberty.edu

LU SHEPHERD

Dorm M17, Ground Level
(434) 592-5411
lushepherd@liberty.edu

TITLE IX - EQUITY & COMPLIANCE

DeMoss Hall, Room 1232
(434) 592-4999
oec@liberty.edu

LUPD

Green Hall, Terrace Level
(434) 592-3911 (Emergency)
(434) 592-7641 (Non-Emergency)
lupd@liberty.edu

988 - SUICIDE & CRISIS LIFELINE



Green Hall, Room 1830
(434) 582-2651
caps@liberty.edu

Walk-In Hours

Monday, Tuesday & Thursday:
9 a.m. - 3 p.m.
Wednesday & Friday:
12 p.m. - 3 p.m.

Office Hours

Monday - Friday
8 a.m. - 4:30 p.m.
(Closed Wednesdays 10:30 a.m. - 12 p.m.)

Who is eligible for counseling services at CAPS?

All currently enrolled residential students at Liberty University can complete a walk-in intake assessment at CAPS.

How is student information handled at CAPS?

Information about students referred to CAPS for counseling is kept confidential, due to HIPAA protection, unless the student consents to signing a Release of Information form. Counselors cannot give updates regarding the well-being of any students referred to CAPS.