

Student Mental Health I Q&A Notes:

Can you address concerns around contacting CUPD / 911 for concerns about students of color? People of color are at high risk of police brutality in the US including for mental health check-ins

- Stay with them if you can

How many consecutive class absences should trigger a CARE Report?

- Gray area now because of attendance rules during COVID, but look for patterns in absence
- May be students intend to drop class

Would you recommend sending a general email to each student asking how the semester is going and how they're doing? There's an option through Canvas Inbox to compose a message and send it to each student individually. How would you suggest wording this email or what resources could we include in this email?

- Opening a line of communication, helping them to connect to resources
- Use feature in canvas to make it look like individual message
- Add general resources in context of acknowledging you may not be facing this but it is very common
- COVID-19 has good health & wellness (including CAPS)

In the past we have been able to walk students into CAPs for help. This is not currently possible, and for many of us will not be an option. Does a call to the numbers you gave us result in a n quick virtual interaction?

- Yes, call: CAPS: 864-656-2451
- They continually check the voicemails

I teach online grad classes in the evening/after hours, and several of my students reside out-of-state. If I had a student in crisis, and needed to call 911, I do not know how I would let them know how to locate my student to check on them. If the student was not willing or not able to give me their location, what would I do?

- Limited in support they can offer to out of state but they help find resources in their area
- Crisis intervention they can get involved for a welfare check
- Call police ask them to involve CAPS on the call. You can introduce the CAPS counselor on call as that may be more comfortable for the student.
- YOU convey they care you have for their WB then connect them to resources