
We All Have Mental Health:

Lessons & Tips to Help Your Student Have Theirs

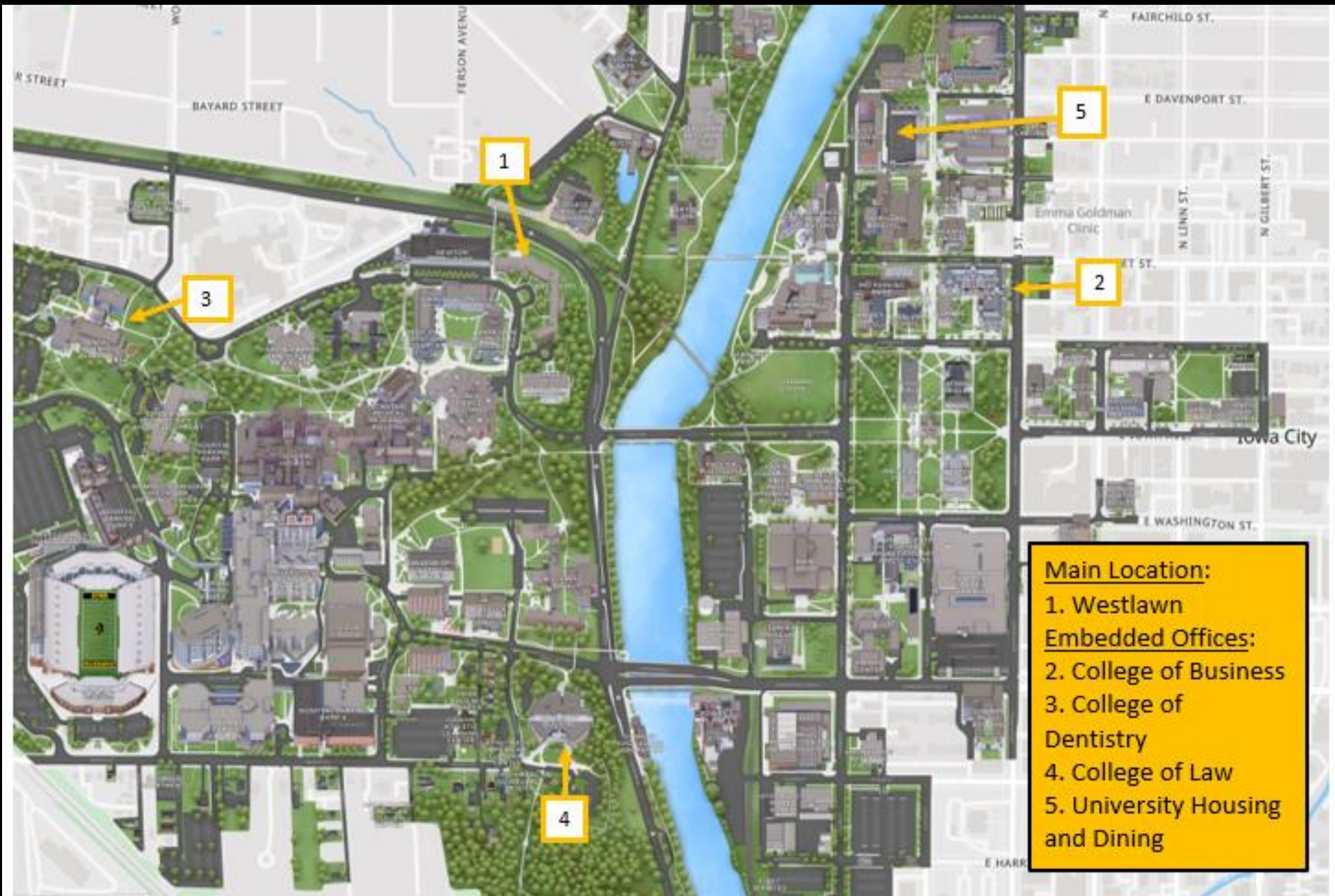
Presented by: University Counseling Service (UCS)

What we will cover:

- Our Services
- Interactive Quiz
- Campus Mental Health Resources
- Your Role

An Overview of Services

- UCS provides mental health services to undergraduate, graduate, and professional students, and postdoc scholars
- Confidential
- Free
- Therapists: psychologists, social workers, licensed mental health counselors, therapists-in-training
- Three key areas of service using a hybrid model:
 - Clinical
 - Outreach/Prevention
 - Training



Main Location:

1. Westlawn

Embedded Offices:

2. College of Business

3. College of

Dentistry

4. College of Law

5. University Housing
and Dining

Clinical Services

- Requires paperwork be completed prior to appointment
- Virtual and in-person options
- Students must be in the state of Iowa to utilize (usually)
- Same-day and advanced scheduling for first appointment
- Quick Access: another same-day option
- Individual Therapy
- Group Therapy
- Case Management and Referrals services

Outreach Services

- Drop-in, can serve any student no matter location
- **Support Groups:** affinity-based, focused on connection and relationship building, non-clinical
- **Let's Talk, Hawks!:** brief (up to 15 minutes) consultation space with a UCS therapist, not a crisis resource
- **Psychoeducational programs and skills-based workshops:** didactic and focuses on skill building to increase coping skills
- **Self-Paced Resources**
- **Programs based on need** (Invitation-response)
- Follow us: @uiowaucs (Facebook, Instagram)
- Visit our website for more information:
<https://counseling.uiowa.edu/outreach-services/>

Interactive Mental Health Quiz

True or False, Question #1

→ Asking someone who is demonstrating psychological distress “Are you suicidal?” is a bad idea as it can increase the likelihood that they will seriously consider suicide?



True or False, Question #2

→ If you seek therapy at University Counseling Service, your mental health record is part of your academic record.



True or False, Question #3

→ The UCS brief therapy model will not provide enough therapy services for my student.



Question #5

→ What percentage of undergraduate students believe they live a purposeful and meaningful life?



What you can do

RECOGNIZE *Recognize the signs and symptoms of distress.*

- Suicidal thinking and/or self-injury
- Social isolation
- Depressed mood
- Lack of motivation
- Difficulty concentrating
- Restlessness
- Sudden decline in academic performance
- Irritability
- Change in patterns of sleeping and/or eating
- Excessive worry
- Muscle tension

What you can do

RESPOND

Respond to the person in distress.

Safety first. If you believe you or the person's safety is at risk, call 9-1-1. If you are in a position to provide support, use OARS:

- **Open-ended questions:** Ask questions that start with "who," "what," "where," "when," and "why" to encourage the person to give more information about their current concerns and experiences. Avoid questions that can be answered with "yes" or "no."
- **Affirm:** Offer emotional support or encouragement, such as acknowledging the strength it takes to talk to a friend or ask for help.
- **Reflect:** Share a statement about your understanding of the person's emotional experience. For example, "It seems like you are feeling overwhelmed."
- **Summarize:** Reiterate the main topics or experiences the person has disclosed. This will facilitate a sense of being understood and gives the person a chance to correct any misunderstanding or elaborate further.

Urgent/Crisis/Time-Sensitive Emotional Support

UI Support and Crisis Line: Mental health support and crisis services available to UI students

- **24/7/365**
- Call or text 844-461-5420
- Chat online at mentalhealth.uiowa.edu
- Staffed by local CommUnity crisis counselors

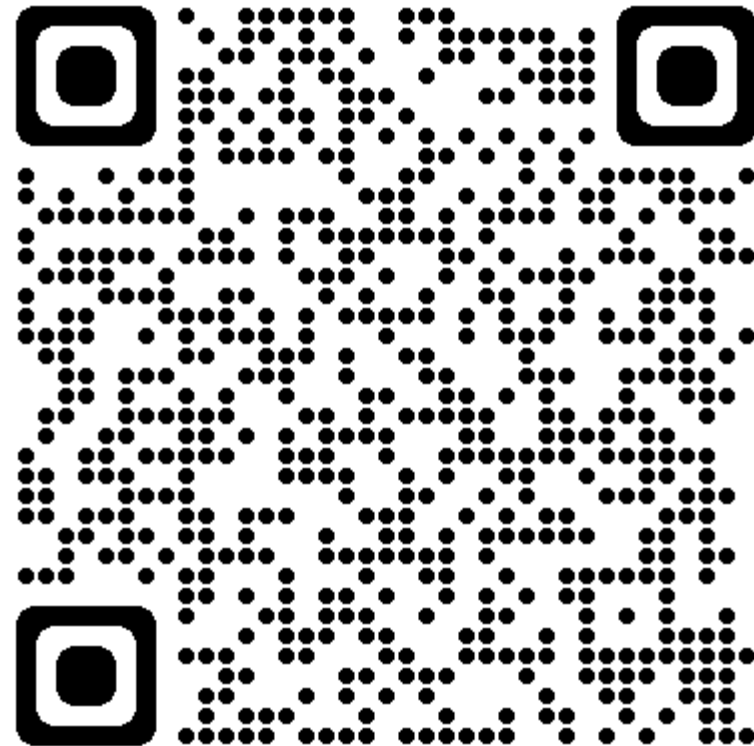
Campus Mental Health Resources

- Office of the Ombudsperson*
- Women's Resource and Action Center (WRAC)*
- Rape Victim Advocacy Program (RVAP)*
- Early Intervention Team (EIT)
- Threat Assessment Program (TAP)
- Student Care and Assistance
- Collegiate Recovery Program (CRP)
- Student Disability Services (SDS)
- Center for Inclusive Academic Excellence (CIAE)
- International Student and Scholar Services (ISSS)
- Association of Campus Ministers
- Residence Assistants
- Academic Advisors
- mentalhealth.uiowa.edu

* Denotes confidential offices

Reminders

- UCS is here to support your student's success!
- Don't hesitate to call us.
- Numerous ways to connect with a therapist at UCS:
 - Embedded Therapists available for students living in university housing:
 - Cathy McGinnis (cathy-mcginnis@uiowa.edu)
 - Katy Griner (katy-griner@uiowa.edu)
 - Shared office email (UHD-counseling@uiowa.edu)
 - Call main office locations: 319.335.7294



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Questions?