



Supporting the Mental Health of Students

A Portland State University Resource Guide



Center for Student Health & Counseling
Portland State University
Phone: 503.725.2800
Fax: 503.725.5812
1880 SW 6th Ave. Portland UCB Suite 200



Supporting the Mental Health of Students A Portland State University Resource Guide

Overview

As Portland State University students, staff, and faculty “return” for the 2020-2021 academic year the Health Promotion team would like to offer this resource guide for supporting the mental health and wellbeing of students. Over the past year we have heard many members of the campus community express concern about the mental health of PSU students. That concern has only increased with the COVID-19 pandemic and the current state of social unrest caused by systemic racism. In offering these resources we hope to provide faculty and staff with the necessary tools to promote student wellbeing, confidently engage struggling students, and normalize the conversation about mental health on campus. This guide provides a variety of ways to promote wellbeing and we encourage you to start by implementing those that feel most comfortable to you while utilizing the training opportunities to strengthen your areas for growth.

1. An Overview of Student Mental Health
2. Simple Steps to Take in the Classroom Now
3. Training and Education Opportunities
4. Student Wellbeing Resources

Finally, as we consider the current mental health challenges faced by students it is imperative that the Portland State University community recognize that COVID-19 has disproportionately impacted communities of color due to inequities in our country’s healthcare system (CDC, 2020) and that there has been an increase in hate-based violence against Pacific Islander, Asian, and Asian American people (Grover, Harper, & Langton, 2020). These examples of racism are not unrelated to the current movement for racial justice that has mobilized around the country and in Portland due to historical and on-going police brutality against Black citizens. While we all must deal with the effects of COVID-19 and political unrest, our experiences and vulnerabilities are not the same. As we work to promote mental health and wellbeing on campus let us not forget that this also entails working every day to build a more just and anti-racist society.

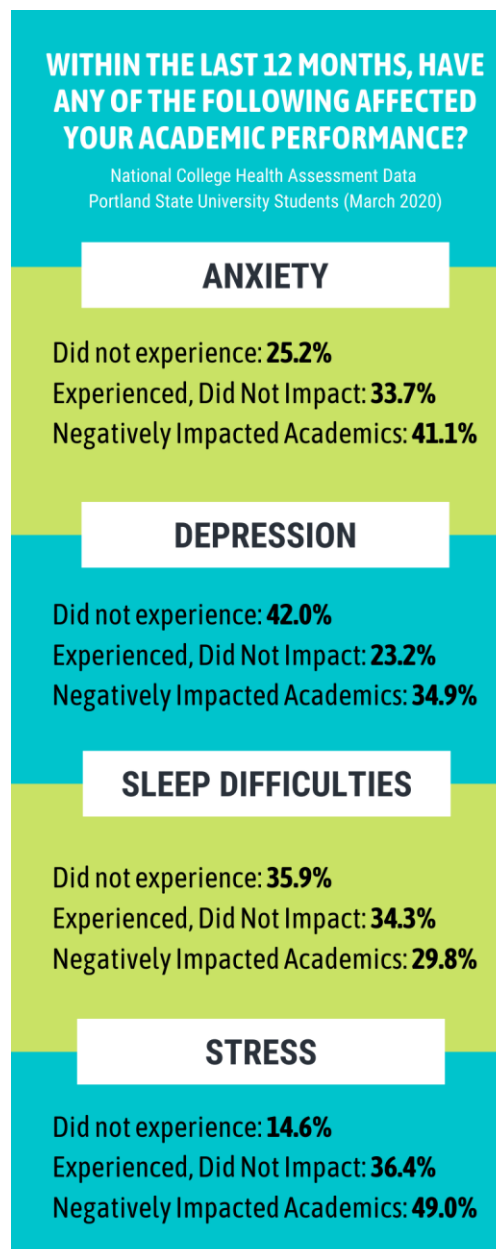
Section One - An Overview of Student Mental Health

Vulnerable Populations

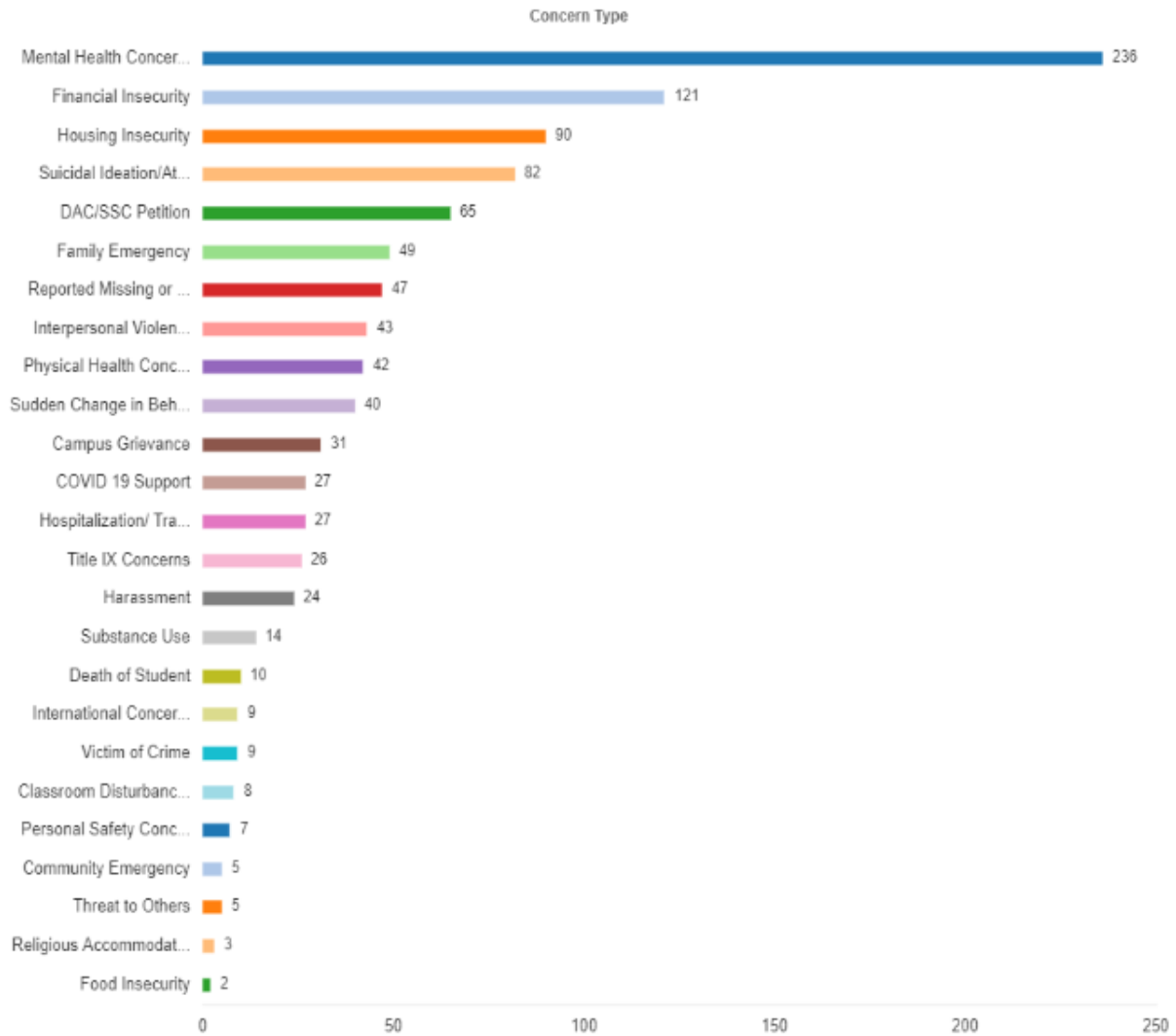
“Mental health conditions are disproportionately affecting specific populations, especially young adults, Hispanic persons, Black persons, essential workers, unpaid caregivers for adults, and those receiving treatment for preexisting psychiatric conditions.” - CDC, 2020

51% of PSU students report having witnessed discrimination or hostile behaviors or exchanges towards others due to their race/ethnicity between March 2020 and May 2020. - NCHA, 2020

Mental Health and Academic Performance



PSU CARE Report Summary AY 2019-2020




Section Two - Simple Steps to Take in the Classroom Now



- Let students know that although you are not a mental health professional you care about them and encourage them to reach out if they are struggling.

56% of college students would not know where to go if they, or someone they knew, was in need of professional mental health services right away. – Active Minds, 2020

- Include a statement on mental health and supportive resources in your syllabus and on your D2L course page. For example:
 - **“Mental Health Emergencies:** If you are having a mental health emergency and need to speak with someone immediately, call SHAC, (503) 725-2800, at ANY time during SHAC hours of operation (M-Th 9 AM-5 PM, F 9:30AM-5PM). After hours and weekends call the Multnomah County Crisis Line 503.988.4888.”
- Portland State Crisis Card (front and back)

 **Portland State UNIVERSITY** **STUDENT CRISIS RESOURCES**

OREGON COLLEGE & UNIVERSITY PREVENTION PROJECT


Multnomah County Crisis Line503.988.4888

Lines for Life Suicide Lifeline.....800.273.8255
Text 273 TALK to 839863 (8am-11pm daily)

Lines of Life Alcohol & Drug Helpline.....800.923.4357
Text RecoveryNow to 839863 (8am-11pm daily)

Call to Safety Crisis Line (Domestic Violence).....888.235.5333

Unity Center - open 24 hours.....1225 NE 2nd Ave. Portland, OR 97232

 **Portland State UNIVERSITY** **STUDENT CRISIS RESOURCES**

OREGON COLLEGE & UNIVERSITY PREVENTION PROJECT

Ayuda en Español1.888.628.9454

LGBTQ Suicide Hotline.....866.488.7386

Veterans Lifeline.....1.800.273.8255

PORTLAND STATE UNIVERSITY CONTACTS

Center for Student Health & Counseling (SHAC).....503.725.2800

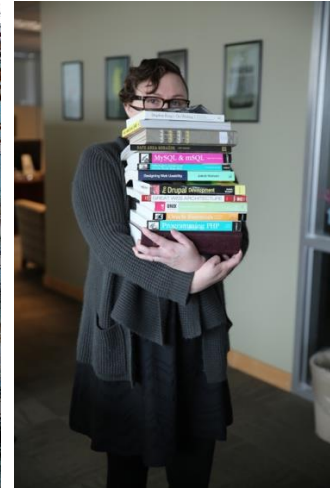
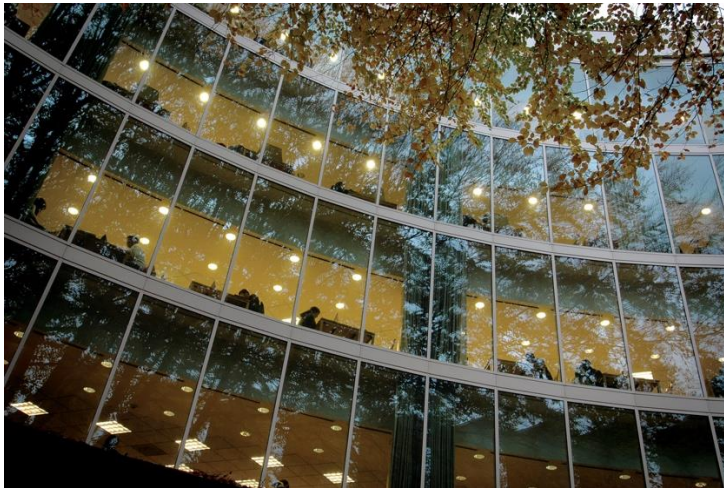
Campus Public Safety (CPSO).....503.725.5911

- Talk about mental health openly to destigmatize it. For example:
 - Share ways you practice self-care and allow students to share as well.
 - Acknowledge the amount of stress you and everyone in the class are dealing with on a daily basis.
 - Make a point to emphasize wellness resources on campus (see Section 4) before midterms, finals, and other times that students may predictably experience an increase in anxiety.

85% of college students said staying focused on school/work despite distraction has been the most difficult thing to navigate during COVID-19. – Active Minds, 2020

- Take the first 5-10 minutes of class to lead your students in a [Mindfulness Moment](#). This Healthy Campus Initiative, which was piloted at PSU in the Spring of 2017, resulted in 75% of participating students reporting that mindfulness helped them focus on the present and 65% of faculty noting that students appeared more focused on the present after practicing mindfulness.
- Less comfortable leading a Mindfulness Moment or engaging your class in a discussion about their wellbeing? No problem, the Wellness and Health Action Team (WHAT) has got you covered and is ready to offer your students a “Wellbeing Pop In” for the first 5-15 minutes of class. Schedule a “pop in” for this semester with [this form](#).
- If you are planning on canceling a class due to a conference, important meeting, or personal reason, [Don't Cancel Class!](#) Consider letting WHAT or Illuminate cover class for you and present a workshop on any number of topics that affect students' social and emotional wellbeing. Topics include:
 - Body Image, Fitness, Nutrition, Positive Mental Attitude, Sexual Health, Sleep Hygiene, Stress Management and Life Transitions, Consent, Interpersonal Violence, Healthy Relationships, Culture and Socialization, Sports and Society and Social Justice.

Section Three - Training and Education Opportunities



- Mental health professionals from SHAC are available to provide consultation services or build an on-going partnership with your department. Health and Wellness Education Trainings are also available for your staff and faculty on a variety of topics including: Trauma-Informed Care, Workforce Wellness, Anxiety, Self-Care, etc. To collaborate, fill out [this form](#).

60% of college students say their mental health has worsened under COVID-19. – Active Minds, 2020

- “Supporting the Mental Health of PSU Students” is a new training offered by SHAC’s Mental Health Promotion team designed to increase participant knowledge about emerging mental health challenges for students, provide techniques for normalizing the conversation about mental health within classrooms and departments, and provide tips for identifying and engaging struggling students. To schedule a training for your department or faculty team, or if you are an individual interested in joining an existing training please fill out [this form](#).
- The Illuminate program is committed to maintaining a safe campus environment for all. In partnership with Orientation, Illuminate is leading [Bystander Intervention Workshops](#) that are open to every member of the campus community. These workshops provide an opportunity to learn skills that can be used to improve situations where it looks like someone could use some help.
- The Health Promotion team is working to bring a Suicide Prevention Training to PSU by Spring 2021. In order to engage the broader campus community around this topic we are currently looking for faculty and staff to participate in a Suicide Prevention train-the-trainer event with the goal of having every training led by a mental health professional and a member of the campus community. If you are interested in participating in the train-the-trainer event and co-facilitating 1-2 trainings per year please fill out this [interest form](#). If you would like to bring Suicide Prevention Training to your department please fill out [this form](#) and we will contact you about scheduling.
- In addition to providing support to students in distress (see Section Four), the [C.A.R.E](#) (Coordination, Assessment, Response, Education) Team is available to meet with your department and provide training and consultation on the following topics:
 - C.A.R.E. Team overview, De-Escalation Techniques for Distressed, Disruptive or Dangerous Students, and Improving Safety in Business Offices
- The Queer Resource Center (QRC) reaches thousands of students and faculty/staff with their [Queeries Panels](#). Queeries is a student lead speaker board that center’s the personal experiences of PSU’s queer and transgender

community. They offer a variety of panels that can be tailored to the class or audience to accommodate different levels of engagement and knowledge. The three main panels offered are Introduction to LGBTQI+ People and Experiences (introductory), Sexual Orientation, Gender Identity, Intersectionality, and Representation (intermediate), and Tools for pre-professionals, identity-focused topics, etc. To request a panel for your classroom email queeries@pdx.edu.

Section Four - Student Wellbeing Resources



General Health and Wellbeing

- The Center for Student Health & Counseling ([SHAC](#)): provides high quality, accessible, medical, counseling, dental, and wellness education services to all PSU students taking 5+ credit hours, regardless of the type of insurance coverage. Office visits at SHAC are free. Students taking 1+ credit hours can access SHAC Dental Services. SHAC has an incredible staff of health care professionals who are dedicated to keeping students healthy so they can stay in the classroom and focused on learning.
- In collaboration with the Cultural Resource Centers SHAC is offering a drop-in [Students of Color Support Group](#). Topics may include, but are not limited to academic concerns, first-generation experiences, family issues, racism/microaggressions, intersectionality, imposter syndrome, as well as the impact of national/local events on emotional health.

COVID 19 Updates:

- If you are concerned that you have been exposed or are showing symptoms of coronavirus, contact your healthcare provider or call the **SHAC Nurse Line** with coronavirus related questions or concerns at (503) 725-2515 or the **24/7 Nurse Advice Line** (after hours) at (844) 224-3145.
- SHAC is now offering COVID testing for the campus community. To schedule a testing appointment call (503) 725-2800 during regular business hours (M-Th 9 AM-5 PM, F 9:30AM-5PM). For more information on the testing process check out the [SHAC Covid Testing](#) webpage.

- [Counseling Services](#) has compiled a number of online resources related to managing mental health during COVID-19.

24% of college students said having access to online yoga or other workout classes has been helpful in caring for their mental wellness. -Active Minds, 2020

Other SHAC offerings:

- Since SHAC's Mind Spa is no longer open, it has been turned into a virtual experience with all the same benefits, with unlimited access. When in [The Virtual Mind Spa](#), you can engage in:
 - Guided meditations
 - Breathing activities
 - Coloring pages
 - Mood trackers
 - Guided yoga practices
- [WHAT's Up: A Wellness Podcast](#) for students, by students dedicated to discussing various health and wellness topics. You can find it on all streaming platforms by searching 'Wellness and Health Action Team' or clicking on its [main landing page](#). Go give it a listen; episodes include sleep hygiene, racism in health, and stress management. Students can also ask [health and wellness related questions](#) anonymously for WHAT to answer in future episodes.

73% of college students said getting enough physical activity was challenging to maintain during COVID-19. -Active Minds, 2020

- [Campus Recreation](#): The Rec Center is scheduled to open in the Fall for in-person visits with new guidelines to protect employees and patrons, check out their website for the latest updates. In the meantime, Campus Rec is still available to support the physical and emotional health of the PSU Community in remote formats. Yoga, Tai Chi and other exercise routines are available on their [Virtual Group X](#) page. Personal Trainers are also available to answer questions you may have about physical fitness and wellness, submit a question through [this form](#).
- [Campus Well](#), is an online health magazine brought to you by the Center for Student Health and Counseling (SHAC)'s Health Promotion team and Campus Rec (CREC), it covers a wide variety of college health topics. As the PSU community continues to engage in remote learning, this resource offers a new way for students to access the latest health and wellbeing information and resources. Check it out every Monday for new articles.

Emergent Mental Health Concerns

- The [C.A.R.E.](#) Team is available to support students in distress and provide follow up support and consultation to the staff and faculty that are worried about them. To submit a C.A.R.E. report for a student in distress fill out [this form](#) or email your questions and concerns to askdos@pdx.edu. The C.A.R.E. team has also put together a [resource guide](#) that provides information on community-based support for financial assistance, childcare and family resources, and general assistance with connections to multiple resources.
- [SHAC Counseling Services](#) is available to triage and provide crisis support to students any time during SHAC hours of operation (M-Th 9 AM-5 PM, F 9:30AM-5PM). Simply call (503) 725-2800. After hours and weekends call the Multnomah County Crisis Line (503) 988-4888.

Food

- The [Free Food Market](#) is available to all members of the PSU community on the 2nd Monday of each month at 11:30 am in the South PSU Park Blocks.
- The [PSU Food Pantry](#) is available by appointment for all PSU students and can assist students to get [connected](#) to SNAP and WIC.

Financial

- The [Financial Wellness Center](#) offers students an opportunity to speak with a Financial Wellness Coach to discuss, PSU Student accounts, re-enrolling in PSU, resolving a debt owed to PSU, understanding the cost of college, creating a sustainable budget, repairing credit and repaying student loans. These services are available by phone or virtual appointment while the campus is closed.
- The [Office of Student Affairs](#) maintains a database of emergency and assistance funds available through PSU's Colleges, Schools and resource centers. For more information on these funds email caresapp@pdx.edu.

Legal Support and Confidential Advocacy

- PSU students have access to free legal advice and representation through [Student Legal Services \(SLS\)](#). Attorneys at SLS assist students in a variety of legal matters including landlord/tenant issues, family law, criminal cases, name/gender changes, consumer issues, employment disputes, discrimination claims and more. Contact SLS for more information and to make an appointment with an attorney.
- The [Sexual and Relationship Violence Response Program](#) addresses sexual violence at PSU by providing students connections to resources, information, and trauma-informed support. SRVRP advocates for best practices in campus coordinated response efforts at all levels of the institution. To speak with a Confidential Advocate students can book online at <https://psuwrc.youcanbook.me> or call (503) 894-7982.
- Any staff or faculty member who wants to connect a student to a confidential advocate or consult regarding a referral can call 503.894.7982 or assist the student in booking an appointment online for the earliest available time. For emergent advocacy needs during our non-operational hours, please direct students to Call to Safety's local hotline 1-888-235-5333.

Social Support and Student Organizations

63% of college students said staying connected with other was challenging to maintain during COVID-19. – Active Minds, 2020

- The [Cultural Resource Centers \(CRCs\)](#) provide student leadership, employment, and volunteer opportunities; student resources such as computer labs, event, lounge and study spaces; and extensive programming. The CRCs are a unit of Diversity & Multicultural Student Services. All PSU students are welcome in our spaces. The CRCs include the following Centers:
 - [La Casa Latina](#)

- [Multicultural Student Center](#)
 - [Native American Student and Community Center](#)
 - [Pacific Islander, Asians and Asian American Student Center](#)
 - [Middle East, North Africa, South Asia \(MENASA\) Initiative](#)
- The [Queer Resource Center](#) supports queer and trans students at Portland State University to achieve their educational goals through advocacy, community, and celebration. The Queer Resource Center prioritizes a racial justice framework to improve campus climate through education, policy change, and campus-wide organizing.
 - The [Women's Resource Center](#) advocates for the best educational and campus experience for all members of our community. We accomplish this by advancing social justice, ensuring access to personal empowerment for students of all genders, and by working toward a safe and healthy campus.
 - The [Veterans Resource Center](#) continues to offer virtual opportunities for student veterans to connect and is a hub of information and resources. SHAC's Counseling Services has also created a [Military Personnel and Veteran's Mental Health Resource Guide](#) for students.

References

Active Minds. (2020). "The Impact of COVID-19 on Student Mental Health" Survey, April 2020.

<https://www.activeminds.org/studentsurvey/>.

The Centers for Disease Control and Prevention. (2020). Mental Health, Substance Use, and Suicidal Ideation During the COVID-19 Pandemic — United States, June 24–30, 2020. <https://www.cdc.gov/mmwr/volumes/69/wr/pdfs/mm6932a1-H.pdf>

The Centers for Disease Control and Prevention. (2020). Health Equity Considerations and Racial and Ethnic Minority Groups. Retrieved from <https://www.cdc.gov/coronavirus/2019-ncov/community/health-equity/race-ethnicity.html>

Grover, A.R., Harper, S.B., & Langton L. (2020). Anti-Asian Hate Crime During the COVID-19 Pandemic: Exploring the Reproduction of Inequality. *American Journal of Criminal Justice*, 45, 647-667. Retrieved from <https://link.springer.com/article/10.1007/s12103-020-09545-1#citeas>