

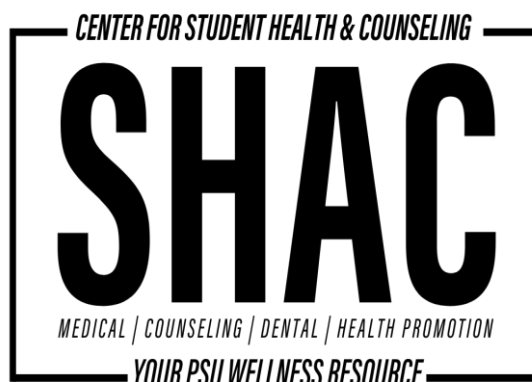
2024 - 2025

# Mental Health Resource Guide



## Overview

As Portland State University students, staff, and faculty return for academic year '24-'25 SHAC's Counseling Services and Health Promotion teams would like to offer this resource guide for supporting the mental health and emotional wellbeing of students.



*A photo of a logo in black reading, "Center for Student Health & Counseling. SHAC. Your PSU Wellness Resource. Medical | Counseling | Dental | Health Promotion"*

**Campus data indicates increasing rates of mental and emotional distress amongst students;** and staff and faculty continue to express concern about the mental health of their students. Given the compounded impact of grief and loss stemming from the COVID-19 pandemic, domestic and international unrest caused by ongoing warfare, and anxieties surrounding the national election, now is an excellent time to familiarize yourself with supportive resources to promote student wellbeing and increase your comfort navigating mental health topics. We encourage you to start by implementing strategies that feel most comfortable to you while utilizing training opportunities to strengthen your areas for growth.

Finally, as we consider the current mental health challenges faced by students it is imperative that we recognize the disproportionate impact COVID-19 and political unrest have had on the health and wellbeing of communities of color<sup>1 2</sup>. Though we are all impacted by the effects of COVID-19 and political unrest, our experiences and vulnerabilities are not the same and it is important that we recognize and address these inequities when addressing student mental health.

## **In this guide you will find:**

- I. A Snapshot of Student Mental Health**
- II. Simple Steps to Take in the Classroom Now**
- III. Training and Education Opportunities**
- IV. Student Wellbeing Resources**

---

<sup>1</sup> 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>

<sup>2</sup> Koo, K. Tan., G., & Lee, J. (2024). Supporting International Student Mental Health during and after the COVID-19 Pandemic, *About Campus*, 29(2), 4-15. <https://doi.org/10.1177/10864822241238169>

# I. A Snapshot of Student Mental Health

**90% of students are experiencing challenges with their emotional wellbeing and/or mental health.**

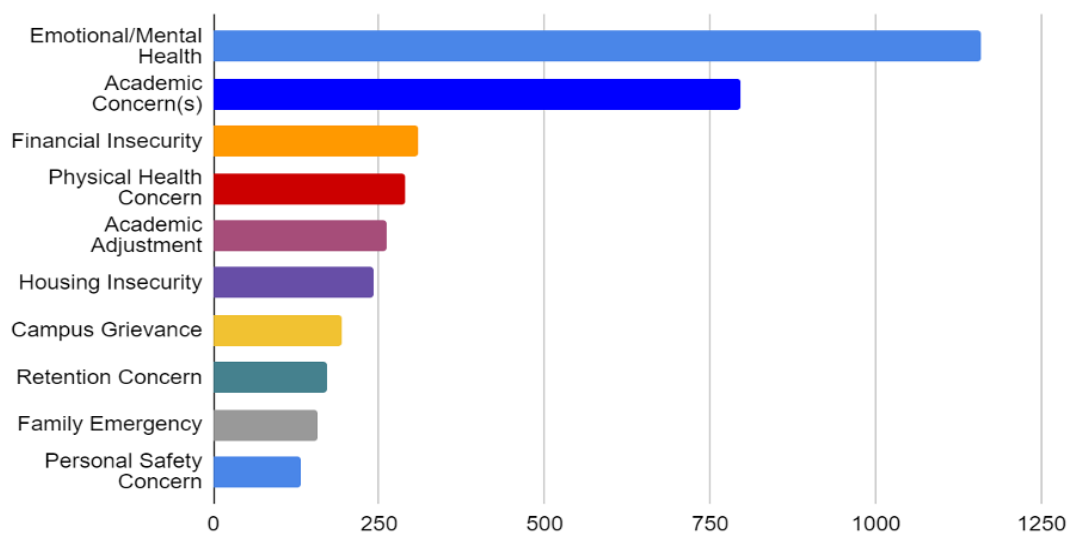
- 85% experiencing anxiety
- 65% are experiencing depression
- 64% report focus or concentration concerns
- 59% having difficulty coping with stress

- (Office of Student Success, 2024)

## Over 1,000 PSU CARES Referrals for Emotional and Mental Health Concerns

PSU CARES receives referrals from the PSU community for students who are experiencing struggles that are negatively impacting their ability to be a student. Over the 2023 - 2024 Academic Year, emotional and mental health concerns were the top reason for referral by a wide margin.

### AY '23-'24: Top 10 CARE Referral Types



A photo of a bar graph depicting Academic Year '23-'24: Top 10 CARE Referral Types.

## Academic Impact

In the last year students report that the following experiences have negatively affected their academic performance:

- Anxiety 42%
- Depression 35.8%
- Sleep Difficulties 31.5%
- Stress 49.4%

- (NCHA, 2024)

## Discrimination

**Discrimination** in the form of verbal harassment, insults, exclusionary policies, and marginalization from fellow students and faculty has been a significant stressor imparting the mental health and educational adjustment of international students.<sup>3</sup>

*In the last year,*

- 33.9% of Trans/Gender-Nonconforming students at PSU experienced discrimination.

- (NCHA, 2024)

---

<sup>3</sup>Koo, K. & Tan A. (2022). Lost In Translation: A Review of Stressors and Mental Health Among International Students in the United States. In Zangeneh, Nouroozifar & Chou (Eds.), *Post-Secondary Education Student Mental Health: A Global Perspective*. (pp. 462-490). CDS Press.

## II. Simple Steps to Implement Now

### Talk about mental health with your students.

- 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.
- Acknowledge the amount of stress everyone in class is dealing with on a daily basis.
- Remind students about wellness resources on campus (*see Section IV*) regularly, but especially before midterms, finals, and other times students may experience a predictable increase in anxiety.
- Normalize talking about mental health by sharing the Mental Health Continuum. Acknowledge how we all may experience different points along it throughout the term, and that it's ok to ask for support.

### Mental Health Continuum



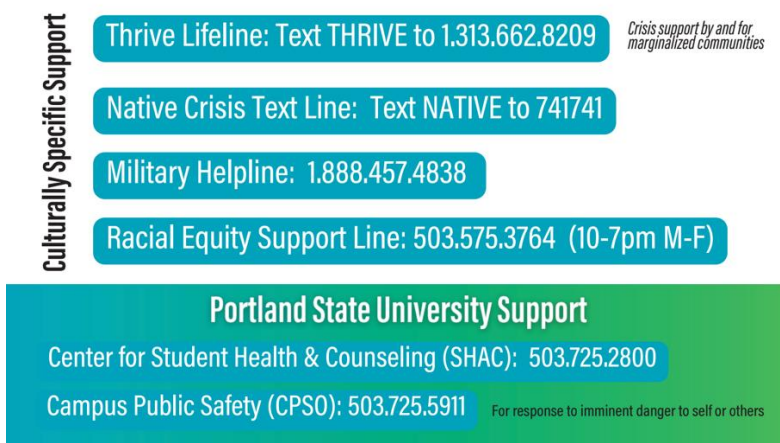
A photo of the mental health continuum, left to right: Thriving "I got this."; Surviving "Something isn't right."; Struggling "I can't keep this up."; In Crisis "I can't survive this."

## Include the following statements and resources on your course syllabus and Canvas page:

- Links to Global Diversity and Inclusion's [Bias Incident Report Form](#) and [Complaints of Discrimination/Harassment](#) process.
- **Mental Health Emergencies:** If you are having a mental health emergency and need to speak to someone immediately, call SHAC 503-725-2800, during SHAC hours of operation (M-Th 9-5pm, F 10-5pm). After hours and weekends call the Multnomah County Crisis Line 503-988-4888.
- A downloadable copy of PSU Crisis Cards [\(link to pdf\)](#).



A photo of the front side of the PSU Crisis Card. (For a screen reader friendly version, visit: [https://www.psu.edu/campus-life/student-resources/crisis-cards](#))



A photo of the back side of the PSU Crisis Card. (For a screen reader friendly version, visit: [https://www.psu.edu/campus-life/student-resources/crisis-cards](#))

## Start class with a 5 - 10 minute Mindfulness Moment:

### [Healthy Campus Initiative Mindfulness Moment Resources](#)

- 75% of students reported that mindfulness helped them focus on the present <sup>4</sup>
- 65% of faculty noted that students appeared more focused after practicing mindfulness<sup>5</sup>.

## Schedule the Wellness and Health Action Team (WHAT):

[WHAT](#) is a group of trained peer health educators at SHAC, in the Health Promotion Department. The WHATsters can lead an educational workshop or develop a specialized presentation about mental health and wellbeing for your class.

### Topics Include (*but aren't limited to*):

• Stress Management	• Life Transitions	• Sleep Hygiene
• Dimensions of Wellbeing	• Resilience	• Nutrition
• Consent & Relationships	• Sexual Health	• Balancing Productivity

Complete the [Health Promotion Request Form](#) to invite them to your class or event.



*A photo of the Wellness and Health Action Team logo, a beige W in a rainbow gradient circle.*

<sup>4</sup> HSI Study, 2017

<sup>5</sup> HSI Study, 2017

## Utilize PSU CARES to Support Struggling Students:

[PSU CARES](#) program and advocates are available to assist students in distress and provide follow up support and consultation to staff and faculty worried about them.

- [Submit a Referral](#)

## Share Stress Management Resources:

- A downloadable copy of the Stress Manage Plan [\(link to pdf\)](#).
  - **Wellbeing Coaches** can work one-on-one with students or facilitate a small group in creating their own stress management plan. Interested students can connect with a coach through, the team [Interest Form](#).
  - **Schedule a Stress Management Workshop** to have trained peer educators share resources and support in walking your group through the process of creating your own individual stress management plan. To schedule a workshop, complete the [Health Promotion Request Form](#).

A photo of the front and back of the Stress Management Plan.



## III. Training and Education

# Opportunities for Staff and Faculty

**Watch the Care.Ask.Connect. Suicide Prevention modules, available to all PSU affiliates on Canvas:**

- Watch the [Care. Ask. Connect.](#) Suicide Prevention [modules available on Canvas](#). This training provides an overview on how to support someone who is experiencing thoughts of suicide or struggling with their mental health.
  - The training is split up into four different modules that can be completed at your own pace. After completing the core training of Care.Ask.Connect., there are currently four modules that offer deeper dives on population specific support.

**Population Specific Modules, On Supporting:**

- International students
- LGBTQ+ students
- Veterans and Military Affiliated students
- Autistic students



*A logo for Care.Ask.Connect.*

## Connect with SHAC Counseling Services:

Connect with a **SHAC Counseling Services** team member for a one-on-one small group consultation, guest lecture, program development, committee involvement, critical incident support and more.

- Email [askshac@pdx.edu](mailto:askshac@pdx.edu) to get started.

## Connect with the Prevention Coordinator:

- Develop an ongoing partnership with the **Prevention Coordinator** to promote:
  - Harm Reduction** support and services on campus
  - Recovery Community on campus with **Peer Recovery Support**

### Harm Reduction

To Connect, Email:

[harmreduction@pdx.edu](mailto:harmreduction@pdx.edu)



A photo of the Harm Reduction logo, rainbow gradient circle with hands holding a heart, "PSU SHAC. Harm Reduction Saves Lives".

### Peer Recovery Support

To Connect, Email:

[peerrecovery@pdx.edu](mailto:peerrecovery@pdx.edu)



A photo of the Peer Recovery Support logo, rainbow gradient circle with figures holding hands in a circle, "Peer Recovery Support".

## Attend the Polyvagal Workshop:

- Attend the [Polyvagal Workshop](#), offered virtually multiple times each term.  
**Free** to all students, staff, and faculty.
  - About the workshop: *Polyvagal offers a trauma-informed nervous system approach to more effectively cope with anxiety, depression, and other emotions.*

## Engage with Global Diversity and Inclusion:

- View and share one of the many [Diversity Education & Learning Webinars](#) compiled by **Global Diversity and Inclusion**.

## IV. Student Wellbeing Resources

Below are a just a few PSU resources that are available to our students, that work to support their overall wellbeing. Please use this resource guide as a reference to share resource information to your students. The following overview includes highlighted resources in the categories: general health and wellbeing, emergent mental health concerns, food access, financial support resources, confidential advocacy, and student organizations and resources.

### General Health and Wellbeing

**The Center for Student Health and Counseling**, aka [SHAC](#), provides high quality medical, counseling, dental, peer support, and wellness education services to all students taking 5+ credit hours regardless of insurance coverage. Office visits are free. Any student taking 1+ credits can access Dental Services.

- **SHAC services include, but are not limited to:**

- Individual Counseling
- Group Counseling and workshops
- Gender affirming care
- STI Testing and treatment
- Reproductive health services
- Routine and emergency dental exams
- COVID-19 testing
- Vaccine administration

- [SHAC Mind Spa](#) is a private room at SHAC with light therapy, a massage chair, biofeedback games and a meditation corner. Students can reserve the room for 45 minutes up to three times per term.
- [SHAC's Health Promotion Suite](#), located on the 3<sup>rd</sup> floor of University Center Building (UCB 340) offers spaces students can gather together to relax and recharge, and learn in a community setting. Spaces include:
  - **Wellbeing Lounge**
  - **Recovery Space**
  - **Nap Rooms**
    - *Hours and access for these spaces vary by term, please check the webpage for most up to date information.*
      - Any questions about these spaces please email [healthpromotion@pdx.edu](mailto:healthpromotion@pdx.edu).
- [Wellbeing Coaching](#) offers on campus or virtual, individual coaching sessions with a trained peer coach. They collaborate with students to identify personal wellbeing goals, while providing support, and accountability along each student's journey of personal growth. Common goals include: building routines, stress management and coping skills, sleep hygiene, organization, and community building.
  - Reach out to the team through their [Interest Form](#), or email [wellbeing@pdx.edu](mailto:wellbeing@pdx.edu).



*A photo of the logo for "SHAC Wellbeing Coaching", a pastel rainbow circle with open hands, a leaf above.*

- [Campus Rec \(CREC\)](#) is a state-of-the-art workout facility available to all PSU students. The Rec Center has exercise classes, an aquatics program, outdoor programming, a climbing gym, personal training and intramural sports teams amongst other amenities.



*A photo of the logo for Campus Rec. Black letters "Campus", green letters "Rec".*

- [WHAT's Up](#) is **A Wellness Podcast** by and for students about such topics as sleep hygiene, stress management, emotional intelligence, friendship and more.



*A photo of the logo for "WHAT'S UP: A Wellness Podcast". A rainbow paint splatter with a white letter W in the middle.*

## Emergent Mental Health Concerns

- Students with urgent mental health needs can utilize a same-day [SHAC Walk-in Appointment](#) at SHAC, on the corner of SW 6<sup>th</sup> & Hall, during regular business hours.
- Though unaffiliated with PSU, **Crisis Lines** are a good option for students needing in the moment support or for someone in need of consultation while supporting someone in crisis.
  - [SHAC Crisis Cards](#)
  - [Warmlines that Don't Use Police](#) are a good option for students who want a guarantee that law enforcement will not be involved in any mental health service provision.
- While not an emergency service, the [PSU CARES](#) is available to support students in distress and provide follow up support and consultation to the staff and faculty worried about them. The PSU community is encouraged to [submit a PSU CARES referral](#), and a CARE Advocate will respond within 2 business days.

## Confidential Advocacy

- [Student Legal Services](#) provides free legal advice and representation to students on such matters as: landlord/tenant issues, family law, criminal cases, name & gender marker changes, consumer issues, employment disputes, discrimination claims and more.
  - Students can [Request an Appointment](#) online through the webpage.
- The [Sexual and Relationship Violence Response Program](#) provides students with confidential advocacy, connection to resources, and trauma-informed support.
  - Students can schedule an appointment with a confidential advocate online at [psuwrc.youcanbook.me](https://psuwrc.youcanbook.me) or call **503-894-7982**.

## Food Access

- The [Food Pantry](#) is open to all PSU students.
- The [Free Food Market](#) takes place the 2<sup>nd</sup> Monday of every month and is open to the general public as well as PSU students and faculty.
- The [Basic Needs Hub](#) can support students to get connected to SNAP (aka Food Stamps) and access emergency meal vouchers.

## Financial Support Resources

- The [Financial Wellness Center](#) supports students re-enrollment, resolve debts owed to PSU, understand the cost of college, create a sustainable budget, repair credit and repay student loans.
- The Basic Needs Hub maintains a database of the various [Emergency Funds](#) available on campus.

## Student Organizations and Resources

- The **Cultural Resource Centers (CRCs)** provide leadership opportunities, employment and social engagement as well as study spaces, lounge areas and computer labs to all PSU students. The CRCs are composed of the following Centers:
  - [La Casa Latina Student Center](#)
  - [Multicultural Student Center](#)
  - [Native American Student and Community Center](#) (NASCC)
  - [Pacific Islander, Asian, and Asian American Student Center](#) (PIAAA)
  - [Pan African Commons](#) (PAC)
  - [Middle East, North Africa, South Asia Student Center](#) (MENASA)
- The [Dreamer Resource Center](#) provides educational and career readiness support, scholarships, 1:1 mentorship, resource navigation, community building, leadership opportunities and advocacy for DACAmented, undocumented, mixed status, immigrant and allied students.



- The [Queer Resource Center \(QRC\)](#) supports queer and trans students achieve their goals through advocacy, community, and celebration.
  - The [Women's Resource Center \(WRC\)](#) advocates for social justice, promotes the empowerment of students of all genders, and works towards a safe and healthy campus through various program initiatives.
  - The [Veterans Resource Center \(VRC\)](#) offers student veterans and military affiliated students resources, a study space and the VRC mind spa.
- 

**Thank you for your care in supporting the mental health and emotional wellbeing of our campus community!**

The work you do every day and every interaction you have with our community, either in the classroom or small moments in passing, can make a huge difference in the lives of students. Together with committed engagement we can collectively work to nurture a community of care at Portland State and beyond. We hope this guide can be a support and guide for you throughout the coming academic year.