



# Supporting Mental Health

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# Introductions



## **Ian Wallace, PhD**

- Director of Counseling (CAPS)
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# Mental Health and Academics

## Impact of Poor Mental Health

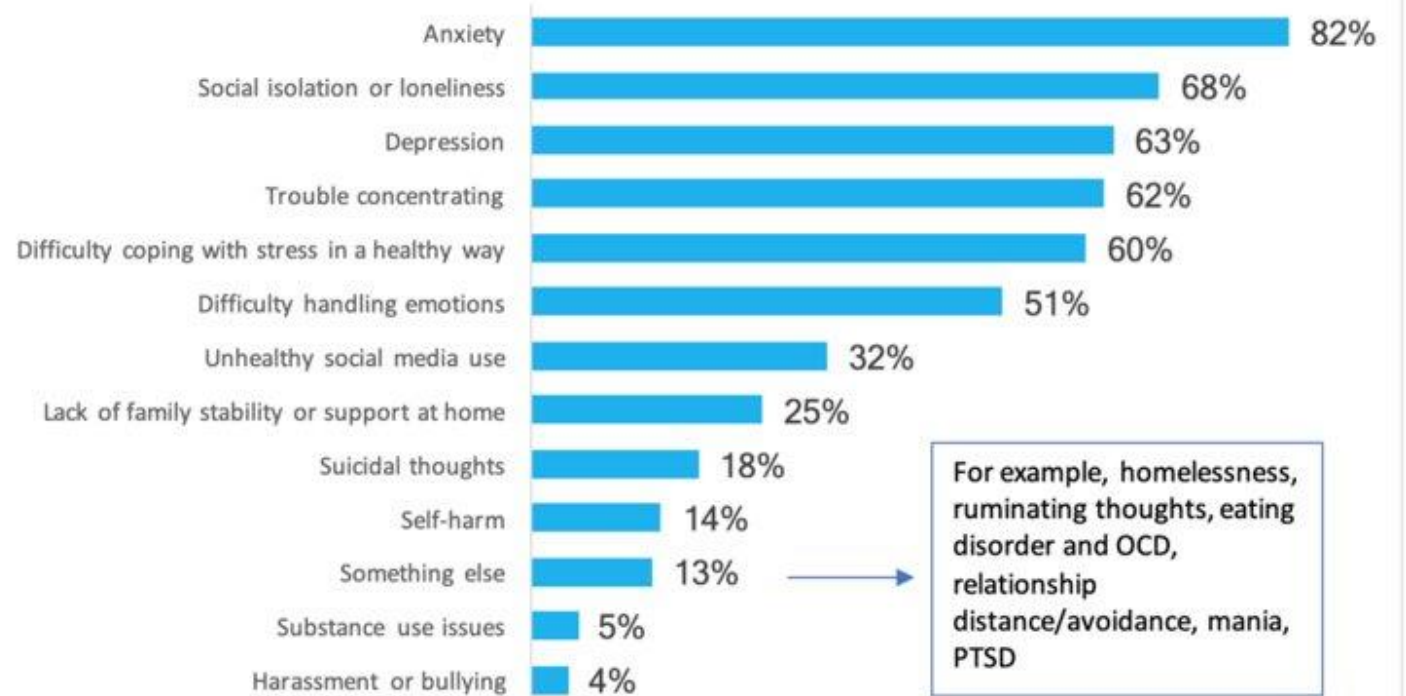
- Negative self-talk
- Self-doubt
- Decreased motivation
- Loss of interest
- Feelings of helplessness/hopelessness
- Fear of asking for help
- Feelings of inadequacy
- Missing class or important deadlines

## Benefits of Mental Wellness

- Increased motivation
- Interested in class
- More likely to engage in class
- Increased participation in extra-curricular and/or cocurricular activities
- Increased self-efficacy (belief in self and own abilities)

# Common stressors facing students

**Chart 3: Which of the following mental or emotional health challenges have you experienced in the past month?**



# Common stressors for tutors

- All of the same stressors the students face +
- Wanting to help others/do a good job helping others

# Signs and symptoms of distress

- Anxious
- Sad
- Irritable
- Withdrawn
- Confused
- Lacks motivation and/or concentration
- Seeks constant attention
- Demonstrates bizarre or erratic behavior (out of character)
- Expresses suicidal thoughts
- Disruptive behavior: reckless, disorderly, dangerous, or threatening, including self-harmful behavior.



# Recognizing signs of distress – When tutoring

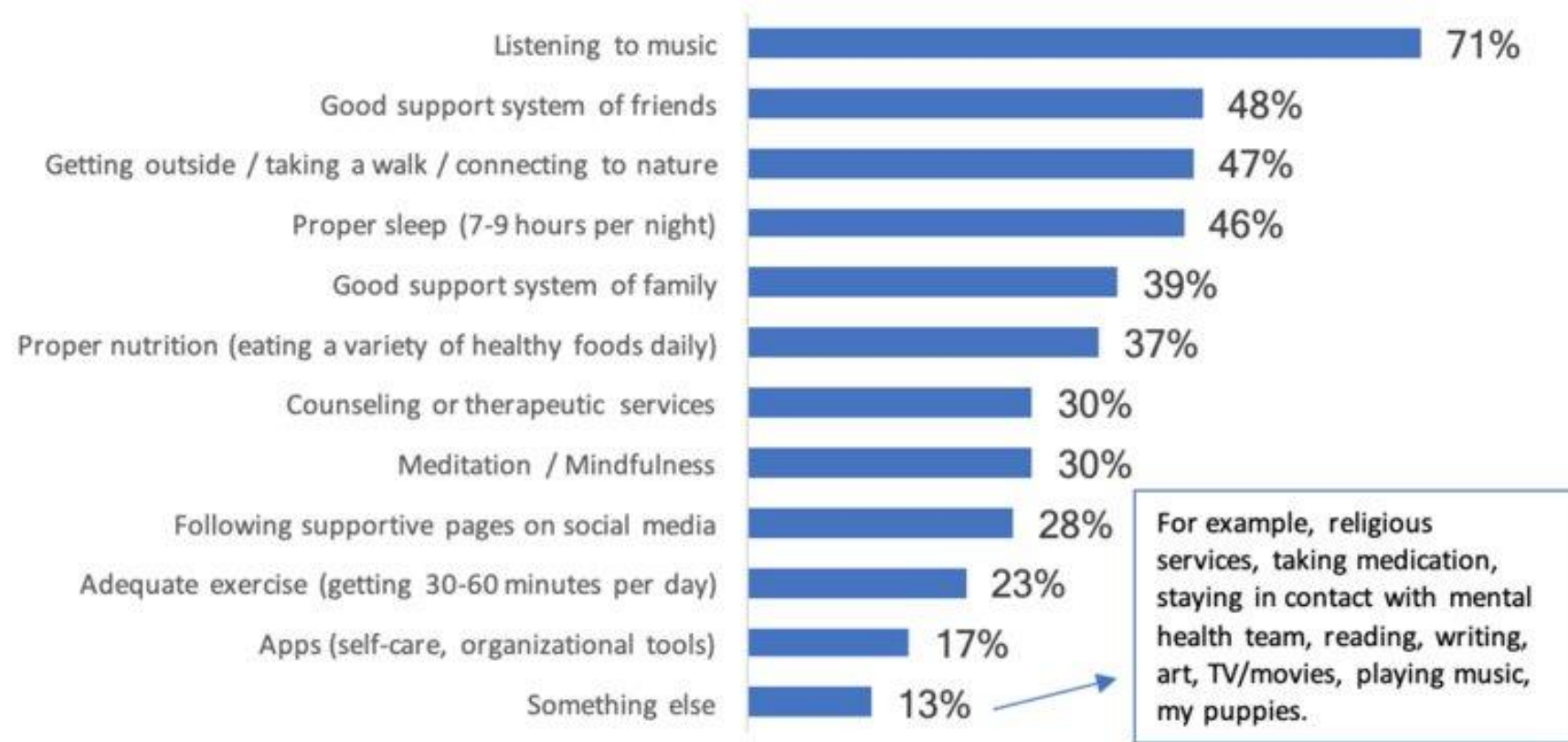
- Irritability
- Impatient
- Frustration
- Forgetful
- Simple tasks taking longer than usual
- Loss of motivation/interest
- Tired

# How not to help





### Chart 4: What tools are you currently using to care for your emotional health?



# How to support others

- Just listen
- Be empathetic
- Compassion
- Normalize/Validate
- Thank them for trusting you
- Refer when needed
- Ask how you can help
- Engage the student in identifying possible solutions
- Increase social connection



# When to refer

## In this situation...

- When the student is struggling with things outside of the particular subject matter you are providing tutoring
- You don't have to be the expert in everything
- If you feel overwhelmed, uncertain, confused, or don't know the answer



**Try saying this**

"Do you know about X resource? They help students who are struggling with \_\_\_\_\_. Here's how to contact them (provide resource)."



"I really want to help you with \_\_\_\_\_. Would it be alright if I checked in with my supervisor to get you the most accurate information?"



"I really want to help you with this, but I think \_\_\_\_\_ might know what to do?"

# Referrals

## On campus

- Counseling
- Student Health Center
- Financial Aid
- Academic Advising
- Professors
- Community Engagement
- Confidential Campus Advocate
- CARE team

## Off campus

Crisis Text Line:

Text START to 741-741

- National Suicide Prevention Lifeline:
  - 988 (or 1-800-273-TALK)

# Counseling and Psychological Services (CAPS)

- **Appointments:** Call (707) 654-1170 or visit the Student Health Center
  - In person and virtual
- **Drop-in Hour:** Daily from 2-3pm in the Student Health Center
- **After Hours Confidential Mental Health Support:** (707) 654-1170 ext 1
- **To Reach Your Counselor Directly:** Message them in the Student Health Portal, <https://csumportal.pointnclick.com>

John is a 20-year-old, straight, white, cisgender male, in his second year, majoring in Mechanical Engineering. John reports struggling in some of his classes and stated his professor recommended him for tutoring. John states "I'm such an idiot, I can't learn any of this". He stated he has many friends at Cal Maritime, but reported feeling he is falling behind and his friends are much smarter than he is. He said he is embarrassed to ask for help. John is worried about failing his classes and about disappointing his parents. He said his dad is going to withdraw financial support if he fails his class because he doesn't want to waste his money. He thinks he should change his major.

What if you notice some of these signs in a fellow tutor, what could you do?

# How to help yourself

*The best way to help others is to help yourself first.*

- Set Boundaries- Be honest with yourself and those you're helping about where your limits are
- It's okay to say NO! And offer alternative sources of support
- Self-compassion
- Be mindful of your schedule
- Accountability Partner

