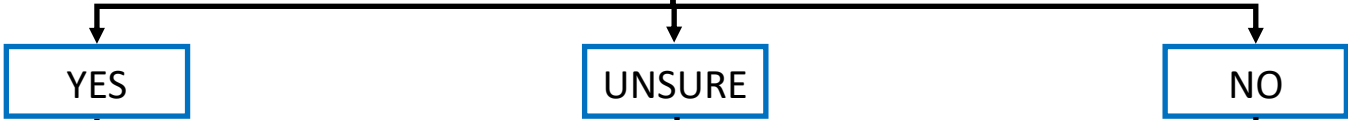


Student Concern
Is this student in crisis and in need of immediate assistance?



Ask the student "Are you having suicidal thoughts? *



Is the student in your presence?



Determine next step with student:

- Contact Security: 507-222-4444
- Consult with 24/7 telephone counselor: 855-705-2479
- Contact SHAC for same day

Contact Security to conduct immediate wellness check: 507-222-4444

Offer Resources to student:

- Dean of Students Office
- SHAC
- Office of the Chaplain
- 24/7 telephone counselor
- Academic Support Center
- See "Student Mental Health Resource Card" for more options

SUBMIT CCF* and determine appropriate personal follow up steps

* See back for guidance / training

Resources for Additional Training:

- **QPR (Question, Persuade, Refer)** – online training module on recognizing and responding to suicidal ideation and behavior. This online training is available to anyone with a Carleton.edu email address.
<https://apps.carleton.edu/healthpromotion/mental-health/gatekeepertrainings/QPR/>
- **Mental Health First Aid** – an 8 hour, in-person training designed to help participants recognize and respond to the signs and symptoms of some of the more common mental illnesses – both in crisis and non-crisis situations. This training is offered once per term (generally scheduled to be convenient for students), during winter break (as part of the winter workshop series) and during summer break. Schedule and registration here:

<https://apps.carleton.edu/healthpromotion/mental-health/gatekeepertrainings/MHFA/>

- **Kognito** – an online training designed to help faculty and staff assess their capacity to support LGBT students in a variety of situations with particular attention given to the ways that potentially unsupportive responses might contribute to student distress. This training is available to any Carleton faculty/staff member and can be found here:

<https://apps.carleton.edu/healthpromotion/mental-health/gatekeepertrainings/kognito/>

What happens after I submit a [Community Concern Form \(CCF\)](#)?

- CCFs are initially reviewed by the Dean of Students Office within 24-48 hours
- Follow-up is made with the person who filled out the CCF (if you have checked the box on the form saying you'd like follow up)
- Depending on the nature of the concern, various options exist:
 - More information is gathered about the person of concern/situation (other Faculty, Residential Life, etc.)
 - Resources are provided to the person who filled out the CCF in case they would like to handle the follow up
 - A conversation with the person of concern will likely happen – almost always after a check-in with the person who filled out the CCF
 - As needed, the CARE team will take up the concern, engaging a full range of longer term supports

What is the CARE team?

The CARE team is a standing committee tasked with reviewing students of concern and engaging in both short-term and long-term follow-up. Members include staff from: Dean of Students Office, Residential Life, Security, Student Health and Counseling

Recommendations for Faculty to follow up with a student after a concerning conversation, disclosure of distress, and/or submitting a CCF:

- Talk to the student, acknowledging the previous conversation
 - “How have you been since we talked last?”
 - “Have you been able to access any of the resources we talked about?”
 - “Have you talked to your family about this? Is that an option for you?”