



Counseling Guide to Helping Distressed Students

Counselors assist students in reaching their educational goals by helping students overcome barriers that might interfere with their progress. In addition to providing personal and mental health counseling services, our faculty counselors are qualified and specifically trained to assist in matters of crisis intervention.

What Constitutes an Emergency?

If a student demonstrates emotional or behavioral issues outside the typical range of behavior, counselors are available to assist. An unexpected occurrence that is disruptive, such as a student who is extremely upset, agitated, very sad, or highly anxious can be referred to counseling right away. Any mention of suicide is always considered an emergency and should be referred immediately, either by walking the student to the Counseling Department or calling for a counselor to meet you.

—In situations where the *physical safety* of anyone is at risk, contact campus police immediately—

College Police (314) 513-4300

Reaching a Counselor in an Emergency

Since you have rapport with the student, accompanying the student to your campus Counseling Center is usually the best practice for connecting them with a counselor. If accompanying the student is not an option, call the Counseling Department and tell them that you have a student emergency. The receptionist can determine which counselor is most quickly available.

Florissant Valley	314-513-4009	Student Center Upper Level—SC241
Forest Park	314-644-9239	Student Center 2nd Floor—SC200
Meramec	314-984-7423	Clark Hall 2nd Floor—AD249
Wildwood	636-422-2210	Wildwood—105H

What Happens to the Student?

When a student is referred on an emergency basis, a counselor will meet with them as quickly as possible. Through working with the student, the counselor will make a determination of the steps necessary to assist the student based upon the individual's needs. Within the boundaries of confidentiality, the counselor will follow-up with the faculty or staff member who referred the student.

Consultation with Faculty

Counselors are available to assist a faculty member with an academic situation that has a psychological component and to serve as liaison between students and instructors. Counselors are also available to consult with faculty on situations that might involve reporting to the Behavioral Intervention Team (BIT). <https://cm.maxient.com/reportingform.php?StLouisCC>

For more information about the college's suicide prevention training program:
www.asklistenrefer.org/stlcc