

The Counseling Center

## Helping Students in Emotional Distress

## A Guide for CSI Faculty and Staff

Division of Student Affairs

## Your Help Is Needed

College students often experience academic and personal stress. Most students are able to handle these pressures, but for some students the stress can be overwhelming.

Faculty and staff are frequently the first able to identify a student in distress. In addition, faculty and staff are often perceived by students as the people to go to for advice and support.

Your interest and concern may be critical in helping a student regain the emotional health necessary for academic success.

If you are concerned about a student, please feel free to contact the Counseling Center at X2391 to consult with a counselor.

## Recognizing a Student in Distress

With life's challenges, everyone feels upset from time to time. The following is a list of some of the signs that may indicate a student in distress:

- a drop in academic performance, attendance, or assignment completion
- troublesome content in an academic paper
- aggressiveness, nervousness, agitation, hyperactivity
- noticeable sadness, tearfulness, distraction, weight loss, social withdrawal
- signs of being under the influence of alcohol or drugs
- problems with personal hygiene
- strange behavior or speech
- implicit or explicit talk of suicide such as: "No one cares about me." "Life isn't worthwhile." "People are better off without me." "I don't need this any more."

## What You Can Do

What you do may depend on the urgency of the situation. If you think a student needs immediate help, you can call the Counseling Center at X2391 to consult with a counselor regarding the appropriate next steps.

If the situation seems less urgent, and you believe the student would benefit from counseling, here are some tips to guide your discussion with the student.

- Meet with the student in a private setting.
- Be specific about the behavior that has raised your concern. Express your concern in a nonjudgmental manner. (I noticed you seemed angry when we discussed...)
- Express your recommendation for counseling in a matter-of-fact manner letting the student simply know of the services available. You can provide the student with a Counseling Center brochure.
- Except in an emergency, the option must be left open for a student to accept or refuse counseling.

## What We Do

The Counseling Center is committed to helping students achieve academic and personal success. The Counseling Center is staffed by psychologists, mental health counselors, social workers, professionally trained counselors, and graduate interns. Counseling services are free and confidential.

## Consultation Is Available to You

If you have concerns about a student, a counselor can help you assess the situation, learn about student resources, make a referral, and talk about how to be most helpful to the student.

## Counseling Center hours

Building 1A Room 109

Monday - Friday: 9:00 - 5:00  
Thursday night until 7:30

### COUNSELING CENTER STAFF

Ann Booth, PsyD, Director

Mary Murphy, MSc, Associate Director

#### Full-time Counselors

Winnie Eng, PhD

Mikolaya Nynka, EdM

Sergey Profis, PhD

#### Part-time Counselors

Donna D'Angelo, MSW

Jason Relph, MEd

Vanessa Rozzelle, MEd

#### Psychiatric Nurse Practitioner

Kathy Cilione, NP

#### Academic Appeals

Kristi Nielson, MsEd

#### Support Staff

Michele Karpeles, Lisa Avila, Jessica Venezia

### DIVISION OF STUDENT AFFAIRS

Carol Jackson, PhD

Vice President



## Counseling Center

South Administration Building (IA)

Room 109

Phone: 718-982-2391

E-mail: [counseling@mail.csi.cuny.edu](mailto:counseling@mail.csi.cuny.edu)

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