

Resources for Instructors and Teaching Assistants Supporting Students in Crisis

Mental Health Crisis

As [students are self-reporting](#) an uptick in stress, depressive symptoms, and [suicidal thoughts](#), some students may reach out for help from teaching assistants and instructors.

To learn more about suicide prevention, check out the UW Suicide Prevention Center Forefront at <http://www.intheforefront.org/>.

Below are signs for suicide risk.

- Talking about wanting to die
- Talking about feeling trapped or wanting to escape
- Showing anger or irritability or becoming isolated and withdrawn
- Feelings of being a burden to others or increasing sleep difficulties
- No interest in favorite things

Call 911 if you believe a student is in immediate danger of harming themselves.

If the student doesn't appear in immediate danger, but you think could benefit from speaking to a professional, consider referring the student to the [Counseling Center](#) or [Hall Health](#) to directly link them to care.

Counseling Center – Counselor on Duty M, W, Th, F: 8 a.m. – 5 p.m. Tuesday: 9:30 a.m. – 5 p.m. 206-543-1240 / Hall Health – Drop-In Clinic (can prescribe medication) 4060 E Stevens Way NE M, W, Th, F: 8 a.m. – 5:00 p.m. Tuesday: 9 a.m. – 5:00 p.m. 206-543-5030

If you are worried about a student, who you have not heard from, and the student is not showing up to class, please contact [UW SafeCampus](#) at 206-685-7233 to do a 'wellness check' and they will send someone to the student's home.

If the student doesn't appear in immediate danger, but you think could benefit from an anonymous phone call or text, please share the following with the student.

Crisis Connections Free 24-hour crisis support via phone. Call 866-427-4747 Crisis Text Line Free 24-hour crisis support via text message. Text HOME to 741741 to get started.



Financial crisis

Office of the Dean Emergency Funding:

Though the pool of funding is limited, there is a small amount of funding available in the Office of the Dean to help support urgent needs. Please contact Jalen Smith (jalens@uw.edu), Manager of Outreach and Funding, or Juanita Ricks (jmricks@uw.edu), Director for Student and Academic Services, as a first point of contact. We will [collect basic information](#) (details of the current situation; what support is needed; what resources have already been exhausted) from you or the student, and then work with the OD team to determine if this request can be supported.

Other resources:

[UW Emergency Aid](#): This can be used to trigger a revision to an existing financial aid award or to award funds to a student who hadn't previously received any aid. These funds are provided through the Office of Student Financial Aid

[UW Food Pantry](#): provides food assistance to members of the UW Community

Academic supports

[SPH Tutoring Fund](#): Students experiencing difficulty in required courses within their program can apply for a funded tutor. Please coordinate the request with your department/program's student services advisor.

[Disability Resources for Students](#): Learning, physical and sensory disabilities, psychological disorders, chronic and other health conditions, among others are common reasons a student may seek services at DRS. Questions about when and how to refer a student can be directed to the SPH Liaison at DRS, Meghan Matthews, Senior Access Coordinator, meghanm7@uw.edu

Learning Technology issues arise? These [compiled resources](#) may be a great start. Please reach out to your department Student Services team or Student and Academic Services to problem solve bigger issues.



SPH Student Services Contacts:

Department of Biostatistics	Gitana Garofalo - Associate Director of Academic Services	biostgp@
Department of Environmental and Occupational Health	Trina Sterry - Manager of Student and Academic Services	tsterry@
Department of Epidemiology	John Paulson - Assistant Director of Academic Services	epi@
Department of Global Health	Julie Brunett - Assistant Director of Academic Services	jbrunett@
Department of Health Services	Suzanne Yates - Manager of Program Operations	sbyates@
Master of Health Administration	Anna Frazer - Sr. Associate Director of Program Operations	afrazer@
Health Informatics and Health Information Management Major	Connie Montgomery	cmontgom@
Master of Health Informatics and Health Information Management	Emily Batlan - Professional Development Specialist	batlae@
Nutritional Sciences	Susan Inman - Manager of Program Operations	susani@
Office of the Dean	Juanita Ricks - Director for Student and Academic Services	jmricks@
Public Health Genetics	Annique Atwater - Program Manager	phginfo@
Public Health-Global Health Major	Joe Harper-Kowalczyk - Academic Services Director	joehk@

