

**Brandeis Counseling Center
Mailman Building
Main number: (781)736-3730**

Emergency consultation during day and after hours: (781) 736-3785

Director: Joy von Steiger, PhD (781) 736-3782 and cell (do not give out) (617) 875-0444

Asst. Director: Amy Scobie Carroll, LICSW (781) 736-3732 or (781) 736-3785 during the day

Senior Clinician: Dennis Tyrell, PhD (781) 736-3727

Academic Services: (781) 736-3470

Public Safety: (781) 736-3333 or 911 to reach Waltham PD for emergencies

Director Graduate Student Affairs: Jessica Basile (781) 736-3547 contact for mental health issues with grad students

Care Team: <http://www.brandeis.edu/care/> Contact for urgent student concerns

Brandeis Counseling Center Hours: Mon and Thurs 9am-8pm and Tues, Wed and Fri 9am-5pm

Urgent Walk in hours: Mon and Thurs 11am, 3pm and 6pm and Tues, Wed, and Fri 11am and 3pm

We are a multicultural counseling center which provides assessment, short term treatment, emergency consultation, medication management, group therapy and referrals to the community. We treat in Mandarin, Cantonese, Hebrew, Portuguese, Spanish and German.

**American College Health Association Survey
2016 Brandeis Results (34.6% of undergrads responded)**

	Male (% agreed)	Female (% agreed)
Felt hopeless	53.1	58.6
Felt very lonely	54.7	76
Felt exhausted	81.2	89.8
Felt so depressed it was hard to function	37.7	42.4
Intentionally self-harmed	3.4	8.1
Seriously considered suicide	9.0	9.3

We have seen 849 students this year for 5488 appointments. Our utilization of walk in hours has increased to an average of 15 per week up from 3 per week last year. Our utilization of after hours emergency services has gone from 2 calls per month to 15-20 calls per month.

Symptoms of Distress You Might Notice in the Classroom

Mild	Moderate	Severe
Declining performance	Repeated requests for extensions	Highly disruptive
absences	New or repeated behavior that distracts class	Unable to communicate clearly
Change in interaction	Responses that seem out of proportion to the situation	Inappropriate communications
Change in demeanor(sleeping in class, disheveled looking, lethargic, anxious)		stalking
		Threats to others
		Overtly suicidal
		Threatening violence

For mild/moderate distress:

- a. For mild distress follow class/syllabus protocol
- b. Ask to meet with students and encourage them to talk about what is happening and LISTEN
- c. Ask directly about emotional distress- "Are you thinking about suicide?"
- d. Report to academic services and Care Team
- e. Refer the student to appropriate campus support- BCC, Deans Office, Chaplaincy, Office of Diversity and Inclusion, Rape Crisis Center, Health Center

For severe distress:

- f. When a student reports a direct threat to themselves or others call Public Safety and they will coordinate a response
- g. Do not leave student alone
- h. If student acknowledges thinking about suicide:
 1. Take comments seriously
 2. Listen and acknowledge their pain
 3. Help them feel understood
 4. Avoid judging or inducing guilt
 5. Do not agree to keep a secret
 6. Do not leave them alone if they are saying they are actively thinking of killing themselves
 7. Walk them down to the BCC
 8. Call Amy or Joy if they refuse to come to the BCC