Study Abroad Mental Health Resources

Tips For Interacting With Students

Focus on pre-departure community/relationship building.
Be mindful of the student’s privacy.
Listen carefully; show concern and interest.
Avoid criticizing or sounding judgmental.
Do not ask too many questions and resist the urge to diagnose or label.
Suggest a counselor as a resource for students in distress. HTH Worldwide and the Office of International Health and Safety (OIHS) can help identify local mental health resources. If the student resists help and you are still worried, contact OIHS to discuss your concerns. OIHS can liaise with HTH Worldwide and the University Physician as necessary.

Recognizing Student In Distress

“YELLOW FLAGS”
- What It May Look Like: verbal acknowledgement of stress or you can observe they are stressed
- Remember: It is your job to make sure they are safe, it is not your job to “fix”
- ALLOW AGENCY: Explore, Support, Problem Solve

“RED FLAGS”
- What It May Look Like: Behaviorally - not attending or completing responsibilities, isolating. Suicidal ideation - intent and plans
- Remember: Stay calm, manage your own anxiety, try not to leave the student alone
- IMMEDIATE SOLUTIONS: Assess, Support, Problem Solve (call the MSU 24/7 International Assistance Line for support)

At-risk students may include those that have experienced: trauma, recent grief/loss, acute/chronic stressors

Emergency Contacts

**24/7 MSU International Assistance Line:** +1-517-353-3784
24/7 HTH Worldwide Health Insurance: +1-610-254-8771
*For immediate assistance, contact your destination local emergency number (911 equivalent)*

**Resources**

HTH Worldwide
www.hthstudents.com

MSU Counseling Center
http://counseling.msu.edu/facultyandstaff

*Local Emergency Numbers
https://goo.gl/rHbqtY

National Suicide Prevention 24/7 Line
1-800- 273-TALK (8255)

East Lansing 24/7 Listening Ear Crisis Center
(517) 337-1717

MSU Counseling Center Sexual Assault Program
(517) 372-6666

Ingham Country Community Mental Health Crisis Services
(517) 346-8460