

# Faculty/Staff as a Helping Resource for College Students

## How To Help

All the behaviors identified in the section on "When to make a referral" can be indicators of distress. It is also possible that some of these behaviors by themselves (with the exception of the last symptom) could simply mean "I'm having a bad day". One serious sign or several smaller signs occurring together, however, is often a positive indication that something has gone awry. Whatever the presentation, if you are aware on some level that something is not "right", trust your gut (rather than waiting for "proof" that there is a problem) and talk with the student.

### Confidentiality

Counseling sessions are confidential. Information cannot be released to anyone unless authorized by the student or mandated by law. Counseling and Wellness can not contact you to let you know the student kept or did not keep a counseling appointment. If you want to know that a student followed through and attended counseling, you may want to suggest that he/she return to let you know how it went.

*Office hours are Sunday through Thursday from 7:30am- 4:30pm. Appointments are available between 7:30am and 3:30pm*



*Counseling & Wellness Program - [www.qatar.tamu.edu](http://www.qatar.tamu.edu)*

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