

# STUDENT REFERRAL SHEET

Please refer to this chart for connecting students with the appropriate institutional resource. Click on the links for more information.

## HAVE A STUDENT IN AN IMMEDIATE CRISIS?

\* ANYTIME A STUDENT MENTIONS SUICIDE IN ANY FORM, CONNECT THEM TO THE 24/7 CRISIS LINE

### ARE THEY OF DANGER TO THEMSELVES?



**WHAT YOU HEAR FROM STUDENT**

**FOLLOW-UP QUESTIONS**

**REFER THE STUDENT TO**

**ADDITIONAL SUPPORT**

MODERATE TO SEVERE PSYCHOLOGICAL SYMPTOMS, DISTRESS, AND/OR DIFFICULTY FUNCTIONING

EXPERIENCE GRIEF/LOSS OR OTHER TRUAMATIC EVENT

HAVE YOU FELT THIS WAY BEFORE? HOW LONG?

HOW IS YOUR MOOD IMPACTING YOUR RESPONSIBILITIES?

WHAT TYPES OF COPING STRATEGIES DO YOU USE?

**COUNSELING CENTER**

(909) 748-8108

[VISIT WEBSITE](#)

\* **24/7 CRISIS LINE**

909-748-8960

**CARE TEAM**

[VISIT WEBSITE](#)

[FILE A REPORT](#)

MILD TO MODERATE PSYCHOLOGICAL SYMPTOMS

SITUATIONAL AND/OR TEMPORARY STRESSORS

SHORT-TERM DISTRESS

HOW DO YOU MANAGE STRESS AND BALANCE YOUR RESPONSIBILITIES?

WHAT WOULD YOU NEED TO MAKE SUSTAINABLE LIFESTYLE CHANGES?

**THRIVE COACHING**

[MAKE AN APPOINTMENT](#)

[VISIT WEBSITE](#)

STRUGGLES TO MEET ACADEMIC DEMANDS

DIFFICULTY COMMUNICATING WITH PROFESSORS

DIFFICULTY UNDERSTANDING COURSE CONCEPTS

OVERWHELMED ACADEMICALLY

TELL ME ABOUT HOW YOU ORGANIZE YOURSELF FOR CLASSES, PRIORITIZE YOUR DEADLINES, AND COMBAT PROCRASTINATION?

TELL ME ABOUT YOUR INTERACTIONS WITH YOUR PROFESSORS?

[TUTORING SERVICES](#)

[ACADEMIC SUCCESS COACHING](#)

[ACCOMMODATION APPOINTMENT](#)

[PEER MENTORING](#)

**ACADEMIC STATUS REPORT**

[FILE A REPORT](#)

**ACADEMIC SUCCESS & DISABILITY SERVICES**

909-748-8069

[VISIT WEBSITE](#)