



## How Librarians Can Support Student Mental Health

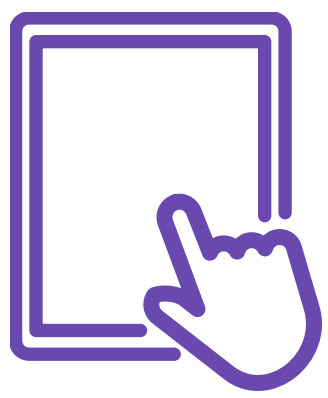
Academic librarians play vital roles in supporting student mental health, including recognizing, and referring students to resources. You don't have to be an expert in mental health to help. Providing your expertise in how to access relevant resources in the safe space of the library can significantly help students seeking support.

### Tips to Support Mental Health:

- 1 Provide a safe space:**  
Many students experience the first onset of mental health and substance use problems or an exacerbation of their symptoms during college.
- 2 Be patient and compassionate:**  
You may be the first person a student is reaching out to for support. They may be nervous and unsure how to communicate with you.
- 3 Respect that each situation is different:**  
Do not disclose your own personal information to connect with the student.
- 4 Respect their privacy:**  
If a student shares personal information about their mental health, ask them if they'd like to find a more private place to talk. Virtual meetings with students should also be private.
- 5 Use 'person first language':**  
When talking to students in distress, instead of saying, "you are bipolar" or "you are depressed", say "you are a person with bipolar disorder" or "someone who struggles with depression".
- 6 Be active in modeling tolerance:**  
Correct negative stereotypes when they appear in your library.
- 7 Avoid making assumptions:**  
Society makes a lot of inaccurate assumptions about people with mental illness (dangerous, violent, unintelligent, incompetent). Avoid making assumptions based on behavior or information shared.
- 8 Treat students with mental health issues with the same respect and consideration as other patrons:**  
Nearly nine out of ten people with mental health problems say that stigma and discrimination have a negative effect on their lives.



## Campus Resources:



### Campus Mental Health Services for Students:

On campus services that provide free and confidential mental health assessments and treatments.

**Name:**

**Number:**



### Peer Support Programs:

Connecting with peers who have experienced similar challenges, students can find encouragement, guidance, a sense of belonging and understanding.

**Name:**

**Number:**



### Student Disability Services:

A resource for the student community with disabilities, including mental health conditions, providing academic accommodations, resources and training.

**Name:**

**Number:**



### Suicide Prevention:

24-hour support for anyone experiencing mental health distress, including suicidal thoughts and behaviors.



**National Suicide Prevention Hotline: 1-800-273-8255**

**Crisis Text Line:**

**Text HOME to 741741**



### Campus Health Centers:

Health services that provide free or low-cost medical care to students, including prescribing psychiatric medications.

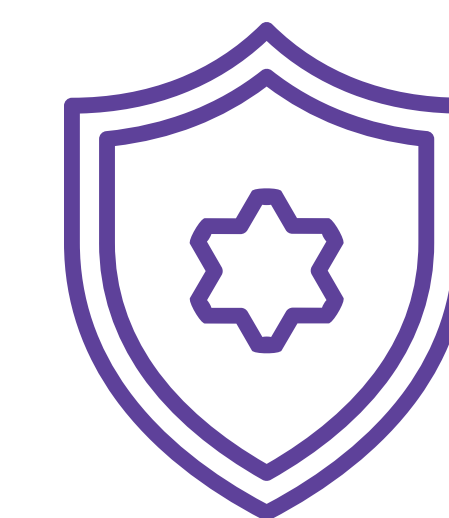
**Name:**

**Number:**



### Emergency Services:

For immediate response to urgent student mental health needs, call 911 and/or campus police.



**Campus Police Department:**

**Name:**

**Number:**

## Additional Resources:

Help increase campus and community awareness of mental health conditions with additional resources.

**National Alliance of Mental Illness** - a well-established grassroots site that includes information, advocacy, and discussion groups on mental illness.

<http://www.nami.org/>

**National Institute of Mental Health** - the government mental health research organization that contains credible information about various conditions and treatments.

<http://www.nimh.nih.gov/>

**Substance Abuse, Mental Health Administration** - provides a wide ranges of substance use and mental health disorder information, services, research and other resources.

<https://www.samhsa.gov>

**Suicide Prevention Resource Page** - a comprehensive list of suicide prevention resources and strategies meant to support those impacted and prevent suicide.

<https://www.addictions.com/suicide-prevention/>

