

MICHIGAN STATE UNIVERSITY

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. GeoBlue 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 GeoBlue 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



International Studies and Programs

Office of
International Health
and Safety

427 N. Shaw Lane
Room 308
East Lansing, MI
48824

517-884-2174

oihs.isp.msu.edu

Emergency Contacts

24/7 MSU International Assistance Line: +1-517-353-3784

24/7 GeoBlue International Health Insurance: +1-610-254-8771

*For immediate assistance, contact your destination local emergency number (911 equivalent)

Resources

GeoBlue International Health Insurance

<https://www.geobluestudents.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)

MSU Counseling Center Sexual Assault
Program

(517) 372-6666

Ingham Country Community Mental Health
Crisis Services

(517) 346-8460